



Lamb Tagine with Prunes, Apricots, and Vegetables

 Gluten Free  Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.1 teaspoon cinnamon
- 0.5 cup apricot dried (preferably Turkish)
- 0.8 teaspoon ground ginger
- 2 teaspoons honey
- 2 lb lamb shoulder 1-inch-thick ()
- 4 servings nutmeg freshly grated

- 1 large onion chopped
- 0.7 cup prune- cut to pieces pitted
- 1 pinch saffron threads crumbled
- 0.8 teaspoon salt
- 1 small sweet potatoes and into peeled cut into 3/4-inch pieces
- 1 tablespoon vegetable oil
- 1.5 cups water
- 1 medium to 3 sized squashes yellow cut into 3/4-inch pieces

Equipment

- pot
- tajine pot

Directions

- Cut lamb from bones, reserving bones, then cut meat into 1-inch pieces.
- Heat 1/2 tablespoon oil in a flameproof wide shallow casserole with a tight-fitting lid over moderately high heat until hot but not smoking. Brown meat on all sides in 2 batches, transferring to a plate as browned. Brown bones and transfer to plate.
- Add remaining 1/2 tablespoon oil to tagine and cook onion, stirring, until softened. Return meat and bones to pot.
- Stir in water, saffron, salt, and pepper and bring to a boil. Reduce heat and simmer mixture, covered, stirring occasionally, until lamb is tender, about 1 1/4 hours.
- Transfer lamb to a clean plate and add any meat from lamb bones, discarding bones.
- Add carrots and sweet potato to pot, then simmer, covered, stirring occasionally, until vegetables are barely tender, about 10 minutes.
- Add ginger, cinnamon, prunes, apricots, and squash, then simmer, covered, stirring occasionally, until vegetables and fruits are tender, about 5 minutes.
- Return lamb to stew and add honey. Season with salt, pepper, and nutmeg and simmer, uncovered, stirring occasionally, 5 minutes.

Nutrition Facts



■ PROTEIN 30.55% ■ FAT 26.05% ■ CARBS 43.4%

Properties

Glycemic Index:102.17, Glycemic Load:14.06, Inflammation Score:-10, Nutrition Score:28.300434838171%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 401.12kcal (20.06%), Fat: 11.91g (18.33%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 38.73g (14.08%), Sugar: 27.21g (30.23%), Cholesterol: 91.44mg (30.48%), Sodium: 562.22mg (24.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.44g (62.88%), Vitamin A: 5524.75IU (110.5%), Vitamin B12: 3.81µg (63.58%), Vitamin B3: 10.07mg (50.35%), Selenium: 33.64µg (48.05%), Zinc: 6.5mg (43.34%), Phosphorus: 347.38mg (34.74%), Potassium: 1119.51mg (31.99%), Manganese: 0.59mg (29.72%), Vitamin B2: 0.5mg (29.27%), Vitamin B6: 0.52mg (26.19%), Vitamin K: 26.44µg (25.18%), Fiber: 5.94g (23.75%), Copper: 0.43mg (21.59%), Iron: 3.81mg (21.16%), Magnesium: 78.73mg (19.68%), Vitamin B1: 0.26mg (17.47%), Vitamin B5: 1.62mg (16.23%), Folate: 63.66µg (15.92%), Vitamin C: 12.31mg (14.93%), Vitamin E: 1.57mg (10.5%), Calcium: 72.72mg (7.27%)