



Lamb with Cardoons: Agnello con i Cardi

 Dairy Free

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READY IN

ready

110 min.

SERVINGS

servings

6

CALORIES

calories

277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound substitute artichoke hearts peeled
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 2.5 pounds lamb shoulder finely
- ☐ 1 onion finely chopped
- ☐ 0.3 pound pancetta finely chopped
- ☐ 1 bunch parsley italian finely chopped

- ☐ 1 pinch pepper flakes red
- ☐ 6 servings salt and pepper
- ☐ 1 pinch thyme leaves
- ☐ 1 tablespoon tomato paste

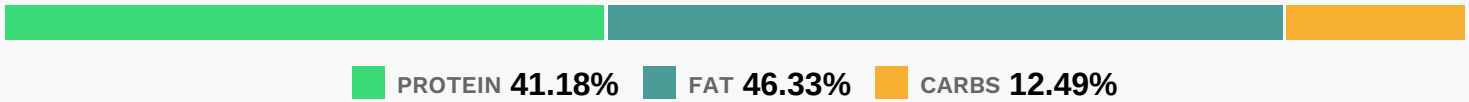
Equipment

- ☐ dutch oven

Directions

- ☐ Cut the cardoons into small pieces and cover with cold water and the lemon juice.
- ☐ In a dutch oven, combine the pancetta and onion and cook together over medium-low heat until the pancetta gives up its fat and the onion begins to soften and get browned.
- ☐ Add the lamb and season with salt and pepper.
- ☐ Sprinkle the flour over the meat and stir over medium heat for three minutes, then stir in the pepper flakes, and continue to cook and stir until the meat is browned.
- ☐ After 30 minutes, stir in the tomato paste, add the parsley, garlic, and thyme, and stir well.
- ☐ Add 1 quart of water, add the cardoons, season with salt and pepper, and cook 30 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:2.08, Inflammation Score:-7, Nutrition Score:21.052608780239%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 277.38kcal (13.87%), Fat: 13.84g (21.29%), Saturated Fat: 4.76g (29.73%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 6.4g (2.33%), Sugar: 1.9g (2.12%), Cholesterol: 88.68mg (29.56%), Sodium: 707.78mg (30.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.36%), Vitamin K: 156.21µg (148.77%), Vitamin B12: 3.27µg (54.56%), Selenium: 32µg (45.71%), Vitamin B3: 8.29mg (41.45%), Zinc: 5.34mg (35.61%), Phosphorus: 265.65mg (26.57%), Vitamin C: 16.69mg (20.23%), Vitamin B2: 0.32mg (18.91%), Vitamin A: 854.38IU (17.09%), Iron: 2.99mg (16.62%), Vitamin B1: 0.24mg (15.67%), Potassium: 495.88mg (14.17%), Vitamin B6: 0.28mg (13.76%), Folate: 52.42µg (13.11%), Vitamin B5: 1.05mg (10.47%), Magnesium: 40.77mg (10.19%), Copper: 0.18mg (9.17%), Fiber: 2g (8%), Manganese: 0.1mg (5.23%), Vitamin E: 0.55mg (3.66%), Calcium: 35.34mg (3.53%)