



Lamb with Tomato-Lentil Couscous



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon cornstarch
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 0.8 teaspoon garlic minced
- ☐ 1 pound leg of lamb boneless trimmed cut into 1-inch pieces
- ☐ 1 teaspoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 6.1 ounce tomatoes (such as Near East)

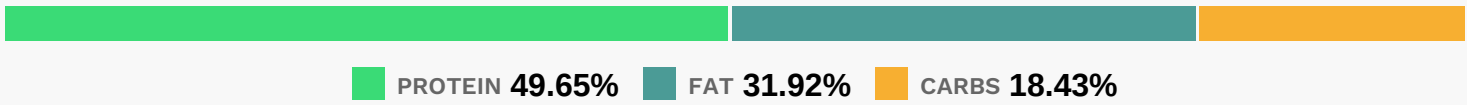
Equipment

- ☐ frying pan

Directions

- ☐ Combine chicken broth and cornstarch, stirring well. Set aside.
- ☐ Heat olive oil in a large nonstick skillet over high heat.
- ☐ Add lamb; saut 4 minutes or until browned.
- ☐ Prepare couscous according to package directions, omitting salt and fat.
- ☐ Remove lamb from pan.
- ☐ Add onion and garlic; saut 2 minutes or until onion is tender. Return lamb to pan. Stir in balsamic vinegar and mustard; cook 3 minutes or until liquid is reduced by half. Stir in chicken broth mixture; cook 2 minutes or until thickened. Stir in pepper.
- ☐ Spoon couscous onto a platter; spoon lamb mixture over couscous.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:10.160434785097%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 128.82kcal (6.44%), Fat: 4.47g (6.87%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 5.81g (1.94%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.27g (3.63%), Cholesterol: 45.72mg (15.24%), Sodium: 192.83mg (8.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.64g (31.27%), Vitamin B12: 1.99µg (33.09%), Selenium: 18.46µg

(26.38%), Vitamin B3: 4.91mg (24.54%), Zinc: 2.89mg (19.25%), Phosphorus: 162.52mg (16.25%), Vitamin B2: 0.2mg (11.8%), Potassium: 363.29mg (10.38%), Vitamin B6: 0.19mg (9.65%), Vitamin C: 7.59mg (9.2%), Iron: 1.63mg (9.03%), Vitamin B1: 0.13mg (8.88%), Vitamin A: 363.04IU (7.26%), Magnesium: 28.86mg (7.21%), Manganese: 0.14mg (7.09%), Copper: 0.14mg (6.81%), Folate: 27.21µg (6.8%), Vitamin B5: 0.62mg (6.24%), Vitamin K: 4.35µg (4.14%), Fiber: 1.01g (4.06%), Vitamin E: 0.55mg (3.66%), Calcium: 19.67mg (1.97%)