



Leftover-Lamb Curry

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



795 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups chicken broth
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup cucumber diced
- ☐ 2 tablespoons curry powder
- ☐ 0.5 cup currants dried
- ☐ 2 cloves garlic minced pressed
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 pound lamb loins cooked

- ☐ 0.7 cup chutney
- ☐ 1 cup onion chopped
- ☐ 1 cup nonfat yogurt plain
- ☐ 6 oz firm-ripe banana diced
- ☐ 1 teaspoon salad oil
- ☐ 4 servings salt and cayenne
- ☐ 1.5 cups rice long-grain white

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 2- to 3-quart pan, combine rice and 2 3/4 cups water. Bring to a boil over high heat and cook until most of the water is absorbed, 7 to 10 minutes. Reduce heat to low, cover, and simmer until rice is tender to bite, 10 to 15 minutes longer.
- ☐ Cut the lamb into strips about 1/4 inch thick.
- ☐ In a 5- to 6-quart pan over medium heat, combine oil, onion, and garlic; stir often until onion begins to brown lightly, 6 to 7 minutes.
- ☐ Add curry powder and cumin and stir until spices are fragrant, about 30 seconds.
- ☐ Stir in meat.
- ☐ Add 1 1/2 cups broth and bring to a boil over high heat.
- ☐ Mix cornstarch and 1/4 cup broth. Stir into pan and stir until boiling resumes.
- ☐ Add salt and cayenne to taste. Spoon curry into a bowl.
- ☐ Place condiments – banana, yogurt, chutney, cucumber, and currants – in small bowls.
- ☐ Serve curry with rice and condiments to add to taste.
- ☐ Note: Cooked chicken can be substituted for the lamb; increase total broth to 2 1/2 cups.

Nutrition Facts



 PROTEIN **15.24%**  FAT **35.73%**  CARBS **49.03%**

Properties

Glycemic Index:55.74, Glycemic Load:42.44, Inflammation Score:-8, Nutrition Score:26.355217467184%

Flavonoids

Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 795.3kcal (39.77%), Fat: 31.4g (48.31%), Saturated Fat: 13.15g (82.21%), Carbohydrates: 96.95g (32.32%), Net Carbohydrates: 92.15g (33.51%), Sugar: 23.89g (26.54%), Cholesterol: 86.06mg (28.69%), Sodium: 1308.85mg (56.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Manganese: 1.27mg (63.33%), Selenium: 36.05µg (51.5%), Vitamin B12: 3.01µg (50.23%), Vitamin B3: 8.93mg (44.64%), Phosphorus: 418.38mg (41.84%), Zinc: 5.7mg (37.99%), Vitamin B2: 0.56mg (33.1%), Vitamin B6: 0.62mg (31.11%), Potassium: 958.87mg (27.4%), Iron: 4.15mg (23.03%), Copper: 0.45mg (22.55%), Magnesium: 88.81mg (22.2%), Calcium: 214.97mg (21.5%), Vitamin B5: 2.13mg (21.3%), Vitamin A: 1030.97IU (20.62%), Vitamin B1: 0.31mg (20.48%), Fiber: 4.8g (19.21%), Vitamin C: 15.63mg (18.94%), Folate: 60.56µg (15.14%), Vitamin K: 11.38µg (10.84%), Vitamin E: 1.27mg (8.46%)