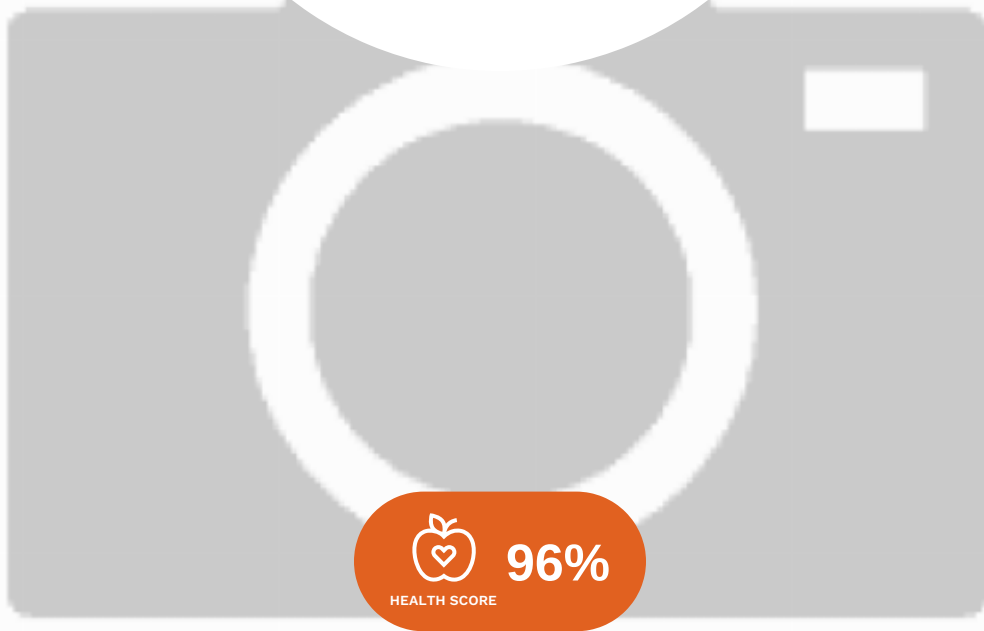




McIntire's Lamb Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



390 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 2 cups carrots diced
- ☐ 1 pinch thyme leaves dried to taste
- ☐ 3 cloves garlic minced
- ☐ 6 servings ground pepper black to taste
- ☐ 1 pound lamb shoulder boneless cut into 2 inch pieces
- ☐ 1 pinch paprika to taste
- ☐ 1 cup peas frozen

- ☐ 5 large potatoes diced peeled
- ☐ 1 pinch lawry's seasoned salt to taste (such as LAWRY'S®)
- ☐ 1.5 fluid ounce jigger irish whiskey jameson® (such as)
- ☐ 0.5 onion sweet yellow chopped

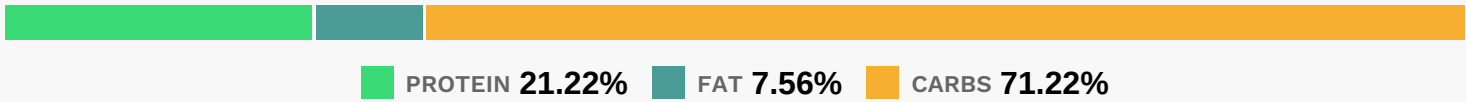
Equipment

- ☐ slow cooker

Directions

- ☐ Place lamb shoulder, carrots, potatoes, onion, garlic, beef stock, seasoned salt, pepper, paprika, thyme, and Irish whiskey in a slow cooker. Cook on Low for 6 to 7 hours.
- ☐ Add peas about 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:44.49, Glycemic Load:41.77, Inflammation Score:-10, Nutrition Score:30.490869698317%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 377.04kcal (18.85%), Fat: 3.06g (4.71%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 64.93g (21.64%), Net Carbohydrates: 55.27g (20.1%), Sugar: 7.63g (8.48%), Cholesterol: 30.48mg (10.16%), Sodium: 249.33mg (10.84%), Alcohol: 2.66g (100%), Alcohol %: 0.63% (100%), Protein: 19.35g (38.69%), Vitamin A: 7329.35IU (146.59%), Vitamin C: 74.57mg (90.39%), Vitamin B6: 1.18mg (58.88%), Potassium: 1815.66mg (51.88%), Vitamin B3: 7.78mg (38.88%), Fiber: 9.66g (38.64%), Manganese: 0.7mg (35.21%), Phosphorus: 339.94mg (33.99%), Vitamin B1: 0.44mg (29.15%), Magnesium: 104.46mg (26.11%), Copper: 0.51mg (25.59%), Folate: 92.55µg (23.14%), Zinc: 3.47mg (23.1%), Iron: 4.08mg (22.66%), Vitamin B12: 1.27µg (21.19%), Vitamin B2: 0.35mg (20.3%), Selenium: 13.53µg (19.33%), Vitamin K: 18.4µg (17.53%), Vitamin B5: 1.43mg (14.33%), Calcium: 78.48mg (7.85%), Vitamin E: 0.47mg

(3.14%)