



Middle Eastern Slow-Cooked Stew with Lamb, Chickpeas, and Figs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup figs dried halved
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 1 cup golden raisins

- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 pounds leg of lamb boneless cubed trimmed
- ☐ 14 ounce less-sodium beef broth canned
- ☐ 1 teaspoon olive oil
- ☐ 4 cups onion separated sliced
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 1 teaspoon salt
- ☐ 1.8 cups water divided

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat; coat pan with cooking spray.
- ☐ Add half of lamb; saut 8 minutes or until browned.
- ☐ Remove from pan. Repeat procedure with remaining lamb. Return first batch of lamb to pan.
- ☐ Add onion, 1/4 cup water, and garlic to pan; cook 4 1/2 minutes or until lightly browned, scraping the pan to loosen browned bits.
- ☐ Add cumin, coriander, ginger, saffron, allspice, pepper, and cinnamon; cook 30 seconds, stirring constantly. Stir in broth and 1 1/2 cups water; bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in chickpeas, carrots, raisins, and figs; cover and simmer 20 minutes or until carrots are tender. Stir in mint and salt.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:13.17, Inflammation Score:-10, Nutrition Score:18.980869692305%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg

Nutrients (% of daily need)

Calories: 251.85kcal (12.59%), Fat: 4.37g (6.72%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 32.5g (11.82%), Sugar: 20.14g (22.38%), Cholesterol: 34.29mg (11.43%), Sodium: 602.52mg (26.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.59%), Vitamin A: 4493.11IU (89.86%), Manganese: 0.89mg (44.59%), Vitamin B6: 0.58mg (28.84%), Fiber: 6.82g (27.28%), Vitamin B12: 1.45µg (24.11%), Potassium: 747.73mg (21.36%), Selenium: 14.95µg (21.36%), Phosphorus: 212.17mg (21.22%), Vitamin B3: 4.01mg (20.05%), Zinc: 2.81mg (18.76%), Copper: 0.33mg (16.52%), Iron: 2.89mg (16.05%), Magnesium: 56.71mg (14.18%), Folate: 52.87µg (13.22%), Vitamin B2: 0.22mg (13.2%), Vitamin C: 8.59mg (10.41%), Vitamin B1: 0.15mg (10.3%), Calcium: 90.98mg (9.1%), Vitamin B5: 0.86mg (8.6%), Vitamin K: 5.92µg (5.64%), Vitamin E: 0.29mg (1.91%)