



Moroccan Lamb Stew with Quince Sambal

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup carrots finely chopped
- ☐ 1 teaspoon chile paste fresh with garlic (ground chile paste)
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon ginger fresh grated peeled

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- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 pound leg of lamb boneless trimmed cut into bite-sized pieces
- ☐ 1 teaspoon lime rind grated
- ☐ 1.5 cups onion finely chopped
- ☐ 1 teaspoon orange rind grated
- ☐ 1 teaspoon oregano dried
- ☐ 0.7 cup poached quinces finely chopped (2 quince quarters)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tomato paste
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ sauce pan

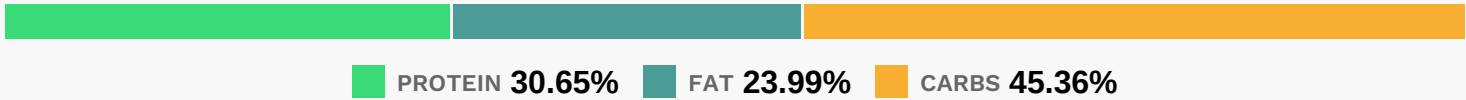
Directions

- ☐ To prepare stew, combine flour and lamb in a medium bowl; toss well to coat.
- ☐ Heat canola oil in a large saucepan over medium-high heat.
- ☐ Add lamb mixture; cook 5 minutes, browning on all sides.
- ☐ Add onion and the next 10 ingredients (through 2 garlic cloves); saut 5 minutes. Stir in water, lime rind, orange rind, and broth; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Uncover and cook an additional 55 minutes or until lamb is tender. Stir in chickpeas; cook 2

minutes or until thoroughly heated.

- ☐ To prepare sambal, combine Poached Quinces and the remaining ingredients, tossing well.
- ☐ Serve over stew.

Nutrition Facts



Properties

Glycemic Index:110.79, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:24.088696127353%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 292.08kcal (14.6%), Fat: 8.02g (12.35%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 25.76g (9.37%), Sugar: 4.79g (5.32%), Cholesterol: 45.72mg (15.24%), Sodium: 1388.03mg (60.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Manganese: 1.31mg (65.55%), Vitamin A: 2897.4IU (57.95%), Vitamin B6: 0.84mg (41.97%), Vitamin B12: 2.33µg (38.76%), Selenium: 25.43µg (36.33%), Fiber: 8.37g (33.49%), Vitamin B3: 6.48mg (32.4%), Phosphorus: 294.38mg (29.44%), Zinc: 3.86mg (25.74%), Iron: 4.14mg (22.99%), Copper: 0.44mg (22.09%), Potassium: 769.41mg (21.98%), Vitamin C: 15.5mg (18.78%), Vitamin B2: 0.31mg (18.09%), Magnesium: 71.81mg (17.95%), Folate: 69.16µg (17.29%), Vitamin B1: 0.22mg (14.97%), Vitamin B5: 1.28mg (12.84%), Calcium: 103.31mg (10.33%), Vitamin K: 8.24µg (7.85%), Vitamin E: 1.09mg (7.25%)