



Moroccan Lamb Tagine with Raisins, Almonds, and Honey

READY IN



180 min.

SERVINGS



8

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black
- 1.3 cups blanched almonds and whole
- 2 sticks cinnamon (3-inch)
- 8 servings couscous
- 2 garlic clove finely chopped
- 1 teaspoon ground cinnamon
- 0.8 teaspoon ground ginger
- 0.5 cup honey

- 3 lb lamb shoulder boneless cut into 1-inch cubes
- 1 cup onion grated
- 1.3 cups raisins
- 2 teaspoons ras el hanout spice mix
- 0.3 teaspoon saffron threads crumbled
- 2 teaspoons salt
- 0.3 cup butter unsalted cut into pieces
- 3 cups water

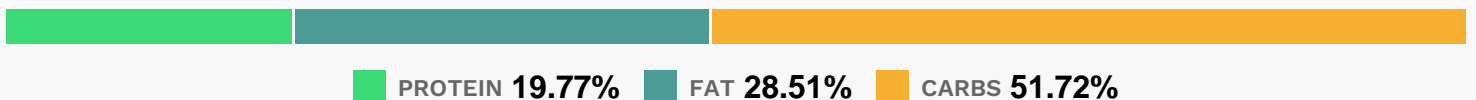
Equipment

- whisk
- pot
- tajine pot

Directions

- Whisk together ras-el-hanout, salt, pepper, ginger, saffron, and 1 cup water in a 5-quart heavy pot. Stir in lamb, remaining 2 cups water, onion, garlic, cinnamon sticks, and butter and simmer, covered, until lamb is just tender, about 1 1/2 hours.
- Stir in raisins, almonds, honey, and ground cinnamon and simmer, covered, until meat is very tender, about 30 minutes more.
- Uncover pot and cook over moderately high heat, stirring occasionally, until stew is slightly thickened, about 15 minutes more.
- Tagine can be made 1 day ahead and cooled, uncovered, then chilled, covered.*Available at specialty foods shops and Kalustyan's (800-352-3451).

Nutrition Facts



Properties

Glycemic Index:43.76, Glycemic Load:48.37, Inflammation Score:-6, Nutrition Score:24.796521557414%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 686.47kcal (34.32%), Fat: 22.18g (34.12%), Saturated Fat: 6.55g (40.94%), Carbohydrates: 90.52g (30.17%), Net Carbohydrates: 82.66g (30.06%), Sugar: 19.21g (21.35%), Cholesterol: 83.83mg (27.94%), Sodium: 678.89mg (29.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Manganese: 1.29mg (64.7%), Vitamin B3: 9.64mg (48.22%), Vitamin B12: 2.87µg (47.89%), Phosphorus: 427.23mg (42.72%), Zinc: 5.73mg (38.21%), Selenium: 25.71µg (36.72%), Vitamin E: 5.16mg (34.42%), Fiber: 7.86g (31.42%), Magnesium: 119.62mg (29.91%), Copper: 0.59mg (29.51%), Vitamin B2: 0.5mg (29.14%), Iron: 4.24mg (23.58%), Potassium: 787.31mg (22.49%), Vitamin B1: 0.3mg (20.32%), Vitamin B6: 0.34mg (17.07%), Vitamin B5: 1.68mg (16.77%), Folate: 54.14µg (13.53%), Calcium: 112.43mg (11.24%), Vitamin K: 4.36µg (4.15%), Vitamin A: 192.03IU (3.84%), Vitamin C: 3.1mg (3.76%)