



Moroccan Lamb with Garbanzo Bean Mash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce garbanzo beans rinsed drained canned (chickpeas)
- ☐ 0.5 cup wine dry red
- ☐ 4 tablespoons cilantro leaves fresh divided chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 6 garlic clove chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin

- ☐ 1.5 pound leg of lamb boneless trimmed
- ☐ 1 cup chicken broth
- ☐ 2 tablespoons olive oil divided
- ☐ 6 tablespoons orange juice fresh
- ☐ 2 teaspoons orange zest finely grated
- ☐ 2 cups onion red chopped

Equipment

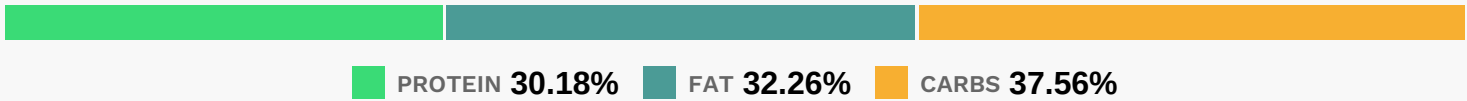
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ glass baking pan

Directions

- ☐ Place lamb in shallow bowl or glass baking dish; coat with 1 tablespoon oil.
- ☐ Add wine, orange juice, ginger, and orange peel to bowl.
- ☐ Mix to coat.
- ☐ Mix cumin, coriander, and cinnamon in small bowl.
- ☐ Sprinkle spice mixture over lamb, turning to coat evenly.
- ☐ Sprinkle with 2 tablespoons cilantro. Cover and marinate at room temperature 1 hour or chill up to 4 hours.
- ☐ Preheat oven to 400°F.
- ☐ Heat 1 tablespoon oil in large ovenproof skillet over medium-high heat.
- ☐ Remove lamb from marinade, reserving marinade.

- ☐ Add lamb to skillet; sprinkle with salt and pepper. Cook until light brown, about 3 minutes per side. Push lamb to 1 side of skillet.
- ☐ Add onions and garlic to skillet; sauté until onions are light brown, about 3 minutes.
- ☐ Pour reserved marinade over lamb.
- ☐ Transfer to oven; roast until instant-read thermometer inserted into center registers 130°F for medium-rare, about 15 minutes.
- ☐ Remove lamb from pan, reserving onions and garlic in skillet.
- ☐ Let lamb rest 5 minutes. Slice lamb, transfer to platter, and tent with foil to keep warm.
- ☐ Place garbanzo beans and broth in medium saucepan; simmer over medium heat 10 minutes. Using slotted spoon, add onions and garlic from skillet to garbanzo bean mixture. Stir; simmer 5 minutes.
- ☐ Remove from heat; add 2 tablespoons cilantro. Using potato masher, mash to coarse puree. Season with salt and pepper.
- ☐ Place scoop of garbanzo bean mash on each plate. Top with lamb slices.
- ☐ Drizzle with juices from skillet and serve.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:7.7, Inflammation Score:-6, Nutrition Score:20.220869707025%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.68mg,

Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 323.9kcal (16.19%), Fat: 11.31g (17.39%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 21.69g (7.89%), Sugar: 3.81g (4.24%), Cholesterol: 45.72mg (15.24%), Sodium: 467.76mg (20.34%), Alcohol: 2.1g (100%), Alcohol %: 0.74% (100%), Protein: 23.8g (47.6%), Manganese: 1.43mg (71.36%), Vitamin B6: 0.93mg (46.65%), Vitamin B12: 1.97µg (32.8%), Fiber: 7.94g (31.75%), Phosphorus: 295.37mg (29.54%), Selenium: 20.58µg (29.4%), Vitamin B3: 5.39mg (26.95%), Zinc: 3.99mg (26.59%), Iron: 3.95mg (21.94%), Copper: 0.39mg (19.27%), Magnesium: 71.64mg (17.91%), Vitamin C: 14.7mg (17.82%), Folate: 68.95µg (17.24%), Potassium: 600.38mg (17.15%), Vitamin B2: 0.24mg (14.11%), Vitamin B1: 0.2mg (13.27%), Vitamin B5: 1.08mg (10.76%), Calcium: 90.09mg (9.01%), Vitamin E: 0.89mg (5.94%), Vitamin K: 4.06µg (3.87%), Vitamin A: 87.55IU (1.75%)