



Moroccan-Style Lamb and Chickpeas



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots ()
- ☐ 1 chickpeas rinsed drained (garbanzo beans)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 1 pound ground lamb lean
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 tablespoons lemon zest grated
- ☐ 2 cups beef broth fat-free
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 2 cups onion vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons tomato paste

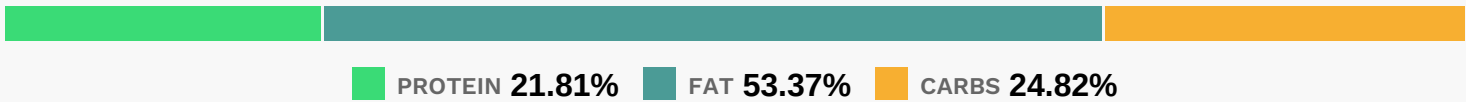
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add lamb to pan; cook 6 minutes, stirring to crumble.
- ☐ Remove lamb from pan with a slotted spoon. Discard drippings.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and carrot to pan; saut 4 minutes.
- ☐ Add cumin, cinnamon, coriander, and pepper; saut 30 seconds, stirring constantly.
- ☐ Add reserved lamb, broth, and next 5 ingredients (through chickpeas); bring to a boil. Reduce heat, and simmer 4 minutes or until mixture thickens.
- ☐ Remove from heat. Stir in cilantro and lemon juice.

Nutrition Facts



Properties

Glycemic Index:68.81, Glycemic Load:10.76, Inflammation Score:-9, Nutrition Score:9.9656522014867%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.78mg, Quercetin: 17.78mg, Quercetin: 17.78mg, Quercetin: 17.78mg

Nutrients (% of daily need)

Calories: 423.71kcal (21.19%), Fat: 25.93g (39.89%), Saturated Fat: 11.63g (72.67%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 23.4g (8.51%), Sugar: 16.59g (18.43%), Cholesterol: 82.78mg (27.59%), Sodium: 565.81mg (24.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.68%), Vitamin A: 3051.82IU (61.04%), Potassium: 697.56mg (19.93%), Vitamin C: 15.16mg (18.38%), Iron: 2.9mg (16.13%), Manganese: 0.32mg (15.77%), Fiber: 3.73g (14.91%), Vitamin K: 12.09µg (11.51%), Vitamin B6: 0.22mg (10.84%), Copper: 0.16mg (8.18%), Vitamin E: 1.07mg (7.12%), Phosphorus: 65.05mg (6.51%), Magnesium: 25.12mg (6.28%), Calcium: 61.83mg (6.18%), Folate: 23.13µg (5.78%), Vitamin B2: 0.09mg (5.46%), Vitamin B3: 0.9mg (4.5%), Vitamin B1: 0.06mg (4.22%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.21mg (2.1%), Selenium: 1.33µg (1.91%)