



Muscat Gosht (Lamb in Spicy Tomato Gravy)

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chile de arbol peppers dried
- ☐ 1 tablespoon peppercorns black
- ☐ 1 stick cinnamon 3 inch
- ☐ 1.7 tablespoons ginger/garlic paste
- ☐ 9 tablespoons ghee clarified butter
- ☐ 1.7 tablespoons ginger paste
- ☐ 2.3 pounds lamb shoulder boneless cut into 1 1/2 inch pieces
- ☐ 3 onions sliced

- ☐ 1 tablespoon salt
- ☐ 1 teaspoon cardamom seeds black
- ☐ 1.8 cups tomatoes chopped

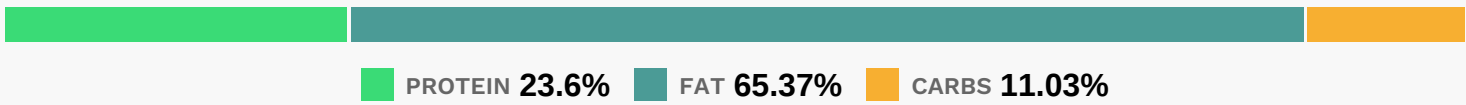
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Place a large wok or skillet over low heat.
- ☐ Combine the lamb, onion, tomato, garlic paste, ginger paste, peppercorns, cinnamon, dried peppers, cloves, cardamom seeds, and salt in the pan and stir; cover and cook until the mutton is tender, 30 to 35 minutes. Stir in the ghee. Cook until the sauce has thickened, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:24.570000068001%

Flavonoids

Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg 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: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg, Quercetin: 17.23mg

Nutrients (% of daily need)

Calories: 589.36kcal (29.47%), Fat: 43.01g (66.16%), Saturated Fat: 24.08g (150.47%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 12.15g (4.42%), Sugar: 6.28g (6.98%), Cholesterol: 189.27mg (63.09%), Sodium: 1868.09mg (81.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Vitamin B12: 4.29µg (71.53%), Selenium: 38.02µg (54.32%), Vitamin B3: 10.41mg (52.06%), Zinc: 7.07mg (47.12%), Manganese: 0.82mg (40.95%), Phosphorus: 356.3mg (35.63%), Vitamin B2: 0.44mg (26.12%), Vitamin B6: 0.5mg (24.86%), Potassium:

841.94mg (24.06%), Vitamin A: 1174.02IU (23.48%), Vitamin C: 17.75mg (21.51%), Iron: 3.72mg (20.68%), Vitamin B1: 0.27mg (18.15%), Fiber: 4.2g (16.78%), Folate: 65.88µg (16.47%), Magnesium: 64.05mg (16.01%), Copper: 0.32mg (15.93%), Vitamin B5: 1.41mg (14.14%), Vitamin K: 12.45µg (11.86%), Calcium: 78.06mg (7.81%), Vitamin E: 0.85mg (5.64%)