



Mustard and Tarragon Braised Lamb

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby carrots with tops (3/4 pound), trimmed
- 0.5 teaspoon pepper black
- 2 tablespoons dijon mustard
- 0.5 teaspoon mustard dry
- 1 tablespoon flour all-purpose
- 1 tablespoon tarragon fresh minced
- 1 pound leg of lamb boneless cubed trimmed
- 1.3 cups less-sodium beef broth

- 1 tablespoon olive oil
- 2 cups pearl onions frozen thawed
- 0.7 cup white wine

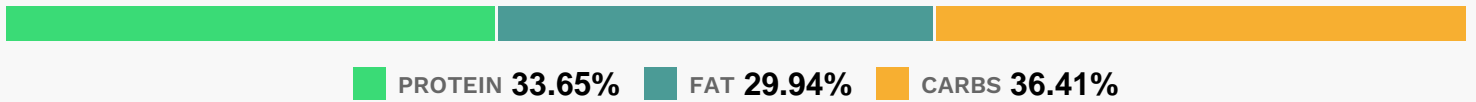
Equipment

- bowl
- frying pan

Directions

- Combine the first 3 ingredients in a medium bowl; add lamb, tossing to coat.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add lamb mixture, and saut 4 minutes or until browned.
- Add onions and carrots; saut for 4 minutes. Stir in broth and wine. Cover, reduce heat, and simmer 7 minutes or until carrots are crisp-tender. Stir in Dijon and tarragon. Increase heat to medium-high; cook, uncovered, 2 minutes or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:19.744782758796%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg, Quercetin: 24.03mg

Nutrients (% of daily need)

Calories: 248.36kcal (12.42%), Fat: 7.42g (11.42%), Saturated Fat: 1.76g (11%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 15.84g (5.76%), Sugar: 8.58g (9.53%), Cholesterol: 45.72mg (15.24%), Sodium: 331.38mg (14.41%), Alcohol: 4.12g (100%), Alcohol %: 1.34% (100%), Protein: 18.77g (37.53%), Vitamin A: 8908.24IU (178.16%), Vitamin B12: 1.93µg (32.15%), Selenium: 21.79µg (31.13%), Manganese: 0.53mg (26.73%), Vitamin B3: 5.31mg (26.56%), Potassium: 790.56mg (22.59%), Zinc: 3.25mg (21.66%), Phosphorus: 215.37mg (21.54%), Vitamin B6: 0.4mg (20.02%), Fiber: 4.46g (17.85%), Iron: 3.06mg (17.03%), Folate: 65.79µg (16.45%), Vitamin B2: 0.28mg (16.37%), Vitamin B1: 0.21mg (14.08%), Vitamin C: 11.34mg (13.75%), Magnesium: 52.96mg (13.24%), Copper: 0.23mg (11.34%), Vitamin B5: 0.97mg (9.71%), Vitamin K: 9.3µg (8.85%), Calcium: 82.32mg (8.23%), Vitamin E: 0.73mg (4.85%)