



Mutton Stew

 Gluten Free

READY IN



350 min.

SERVINGS



6

CALORIES



1028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 leg mutton diced (approximately 4 pounds sheep or lamb)
- ☐ 0.3 cup butter
- ☐ 4 carrots diced washed peeled (, but not)
- ☐ 1 head celery diced
- ☐ 4 garlic cloves chopped
- ☐ 0.3 cup grapeseed oil
- ☐ 6 idaho potatoes diced scrubbed

- ☐ 1 bottle red wine
- ☐ 6 sprigs rosemary fresh whole
- ☐ 6 servings salt
- ☐ 0.3 cup tomato paste
- ☐ 4 cups vegetable stock
- ☐ 2 onions diced white

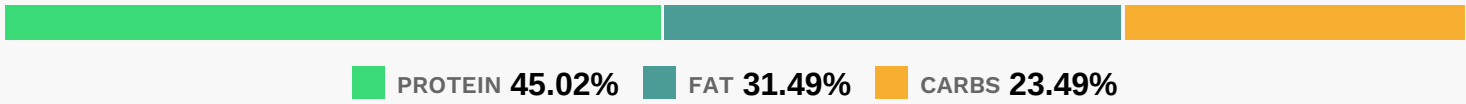
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven, heat the oil over medium heat until it begins to glisten. Stir in the onions, garlic, carrots, celery and fresh rosemary, and cook until the onions are translucent, about 5 minutes.
- ☐ Add the mutton and stir until all sides of the meat have browned.
- ☐ Add the wine and tomato paste and allow to cook for about 10 minutes. Then add the vegetable stock or water, reduce heat to medium-low and allow to simmer for 4 to 6 hours, periodically checking to make sure the liquid doesn't dissipate, and adding water if needed. When the meat is beginning to become tender, add the potatoes. Season with salt and pepper. The stew is finished when the meat is very tender (the flavor should be intense and very tasty). Adjust the seasoning, as needed, and whisk in the butter just before serving to make the sauce a little richer.

Nutrition Facts



Properties

Glycemic Index:76.93, Glycemic Load:34.67, Inflammation Score:-10, Nutrition Score:33.806087080551%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg, Naringenin: 2.24mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg, Isorhamnetin: 1.86mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 1028.32kcal (51.42%), Fat: 32.24g (49.6%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 48.93g (17.79%), Sugar: 8.35g (9.28%), Cholesterol: 20.34mg (6.78%), Sodium: 1018.41mg (44.28%), Alcohol: 13.25g (100%), Alcohol %: 1.58% (100%), Protein: 103.71g (207.43%), Vitamin A: 7569.26IU (151.39%), Vitamin B1: 2.01mg (133.72%), Vitamin B3: 21.44mg (107.22%), Phosphorus: 731.18mg (73.12%), Selenium: 46.76µg (66.8%), Vitamin B6: 0.96mg (48.02%), Vitamin B2: 0.67mg (39.27%), Potassium: 1370.98mg (39.17%), Manganese: 0.69mg (34.62%), Vitamin C: 20.5mg (24.84%), Vitamin E: 3.62mg (24.15%), Fiber: 5.17g (20.67%), Magnesium: 78.81mg (19.7%), Iron: 3mg (16.66%), Copper: 0.32mg (15.78%), Vitamin K: 13.91µg (13.24%), Calcium: 127.33mg (12.73%), Folate: 49.94µg (12.49%), Vitamin B5: 0.89mg (8.91%), Zinc: 1.06mg (7.1%)