



 **12%**
HEALTH SCORE

Persian Rhubarb Stew (Khoresh Rivas)

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds lamb stew meat
- 2 tbsp cooking oil
- 1 small onion chopped
- 8 stalks rhubarb
- 6 servings salt and pepper to taste
- 3 tablespoons sugar to taste
- 0.5 teaspoon turmeric
- 6 servings water

Equipment

- frying pan
- pot

Directions

- In a pan, heat 2–3 tablespoons of oil and saute chopped onions until translucent.
- Add turmeric, stir, add the meat and brown on all sides.
- Add salt and pepper to taste.
- Pour enough water to cover the meat. Cover and cook for an hour on medium to low heat, longer if it is not yet tender. In a medium-sized frying pan, saute the chopped parsley and mint together in 2 tablespoons of oil over medium heat.
- Combine the parsley and mint mixture with the meat sauce half way through the cooking.
- Add water if necessary. Lightly saute sliced rhubarbs in 2 tablespoons of olive oil for 2–3 minutes on medium heat.
- Add the rhubarb to the pot, lower the heat to a gentle simmer and cook for an additional 15 minutes. Taste and add 2–3 tablespoons of sugar or to taste, gently stir and cook for an additional 5 minutes.
- Serve warm with basmati rice.

Nutrition Facts

PROTEIN 40.59% **FAT 41.81%** **CARBS 17.6%**

Properties

Glycemic Index:19.18, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:15.082608695652%

Flavonoids

Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3–gallate: 0.41mg, Epicatechin 3–gallate: 0.41mg, Epicatechin 3–gallate: 0.41mg, Epicatechin 3–gallate: 0.41mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Taste

Sweetness: 49.98%, Saltiness: 100%, Sourness: 74.02%, Bitterness: 67.98%, Savoriness: 51.42%, Fattiness: 62.07%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 235.84kcal (11.79%), Fat: 10.84g (16.67%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 8.8g (3.2%), Sugar: 7.24g (8.04%), Cholesterol: 73.71mg (24.57%), Sodium: 282.64mg (12.29%), Protein: 23.67g (47.34%), Vitamin B12: 3.1µg (51.6%), Selenium: 26.71µg (38.15%), Vitamin B3: 6.97mg (34.87%), Zinc: 4.83mg (32.17%), Phosphorus: 227.67mg (22.77%), Vitamin K: 23.32µg (22.21%), Vitamin B2: 0.3mg (17.48%), Potassium: 539.29mg (15.41%), Iron: 2.25mg (12.53%), Vitamin B1: 0.17mg (11.11%), Vitamin B6: 0.21mg (10.74%), Magnesium: 41.5mg (10.38%), Copper: 0.2mg (9.77%), Manganese: 0.19mg (9.47%), Vitamin B5: 0.88mg (8.77%), Vitamin E: 1.26mg (8.38%), Folate: 33.12µg (8.28%), Calcium: 78.95mg (7.9%), Vitamin C: 6.35mg (7.69%), Fiber: 1.46g (5.83%), Vitamin A: 69.59IU (1.39%)