



Pomegranate and Date Lamb Tagine



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon cumin
- ☐ 0.5 cup dates pitted coarsely chopped (and)
- ☐ 2 cloves garlic chopped ()
- ☐ 1 tablespoon ginger grated ()
- ☐ 1 tablespoon harissa
- ☐ 1 pound lamb loins cubed ()

- ☐ 0.3 cup mint leaves chopped ()
- ☐ 1 tablespoon oil
- ☐ 2 onions sliced ()
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup parsley chopped ()
- ☐ 0.3 cup pistachios chopped ()
- ☐ 0.3 cup pomegranate
- ☐ 2 cups pomegranate juice
- ☐ 0.3 simple preserved lemons rinsed sliced (pith removed, and peel and)
- ☐ 1 pinch saffron threads
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 teaspoon turmeric

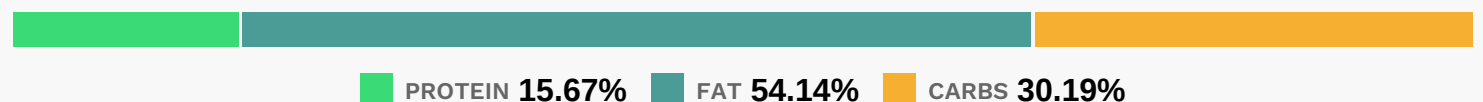
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan over medium-high heat, add the lamb, brown on all sides and set aside.
- ☐ Heat the oil in the pan, add the onion and saute for 3 minutes.
- ☐ Add the garlic and ginger and saute until fragrant, about a minute.
- ☐ Add the pomegranate juice, preserved lemon, dates, harissa, paprika, cayenne pepper, cumin, turmeric, cinnamon, saffron, salt and pepper, cover and simmer until the lamb it tender about 2-3 hours.
- ☐ Remove from heat and mix in the mint and parsley.
- ☐ Serve garnished with pistachios and pomegranate.

Nutrition Facts



Properties

Glycemic Index:93.25, Glycemic Load:9.51, Inflammation Score:-10, Nutrition Score:23.295652254768%

Flavonoids

Cyanidin: 3.86mg, Cyanidin: 3.86mg, Cyanidin: 3.86mg, Cyanidin: 3.86mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 563.29kcal (28.16%), Fat: 34.53g (53.13%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 38.42g (13.97%), Sugar: 32.96g (36.63%), Cholesterol: 82.78mg (27.59%), Sodium: 330.09mg (14.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.97%), Vitamin K: 85.13µg (81.08%), Vitamin B12: 2.62µg (43.66%), Vitamin B3: 7.78mg (38.91%), Selenium: 23.5µg (33.57%), Zinc: 4.52mg (30.1%), Phosphorus: 276.79mg (27.68%), Manganese: 0.53mg (26.69%), Potassium: 929.66mg (26.56%), Vitamin B6: 0.49mg (24.69%), Folate: 83.94µg (20.98%), Iron: 3.56mg (19.76%), Fiber: 4.9g (19.61%), Vitamin B2: 0.33mg (19.46%), Vitamin B1: 0.27mg (18.23%), Copper: 0.36mg (18.14%), Vitamin A: 853.3IU (17.07%), Magnesium: 66.48mg (16.62%), Vitamin C: 13.56mg (16.44%), Vitamin B5: 1.41mg (14.14%), Vitamin E: 1.95mg (13.03%), Calcium: 86.23mg (8.62%)