



Quick lamb biryani



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp balti curry paste
- ☐ 500 g lamb loins
- ☐ 200 g rice cold rinsed
- ☐ 400 ml chicken stock see
- ☐ 200 g pkt spinach

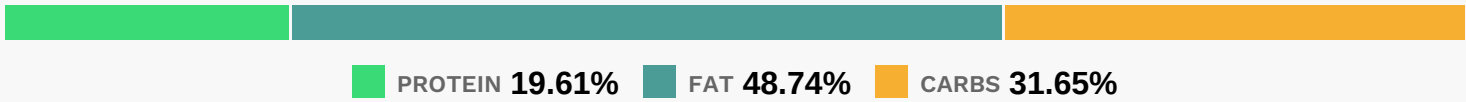
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large pan, fry the curry paste until fragrant, add the lamb, then brown on all sides.
- ☐ Pour in the rice and stock, then stir well. Bring to the boil, cover with a lid, then cook for 15 mins on a medium heat until the rice is tender.
- ☐ Stir through the spinach, put the lid back on the pan and leave to steam, undisturbed, for 5 mins before serving.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:24.29, Inflammation Score:-10, Nutrition Score:30.38478250348%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 587.33kcal (29.37%), Fat: 31.28g (48.12%), Saturated Fat: 13.3g (83.13%), Carbohydrates: 45.7g (15.23%), Net Carbohydrates: 43.82g (15.93%), Sugar: 2.14g (2.38%), Cholesterol: 94.29mg (31.43%), Sodium: 260.88mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Vitamin K: 246.25µg (234.53%), Vitamin A: 5282.17IU (105.64%), Vitamin B3: 10.21mg (51.07%), Manganese: 1.02mg (50.81%), Selenium: 33.78µg (48.26%), Vitamin B12: 2.89µg (48.13%), Zinc: 5.21mg (34.76%), Folate: 128.57µg (32.14%), Phosphorus: 305.64mg (30.56%), Vitamin B2: 0.47mg (27.51%), Iron: 4mg (22.24%), Potassium: 720.51mg (20.59%), Magnesium: 82.31mg (20.58%), Vitamin B6: 0.4mg (20.19%), Copper: 0.36mg (17.8%), Vitamin C: 14.57mg (17.66%), Vitamin B1: 0.25mg (16.47%), Vitamin B5: 1.35mg (13.52%), Calcium: 91.79mg (9.18%), Vitamin E: 1.35mg (9%), Fiber: 1.89g (7.55%)