



Quick lamb & potato pot



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 450 g potatoes unpeeled
- ☐ 600 g lamb loins diced
- ☐ 1 large onion sliced
- ☐ 1 leaves from 2 sprigs rosemary chopped
- ☐ 500 g gravy fresh

Equipment

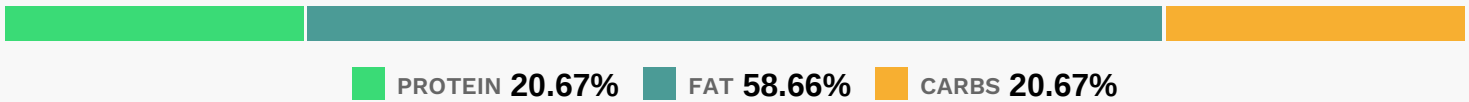
- ☐ frying pan
- ☐ grill

Directions

- ☐
- Slice the potatoes to about the thickness of a magazine (half a cm). Cook in boiling water for 8–10 mins until tender. Meanwhile, heat an ovenproof frying pan or shallow casserole on a high heat. Dry-fry the lamb for 5 mins until browned, letting the meat release itself from the base before you turn it.

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Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:15.2, Inflammation Score:-5, Nutrition Score:19.885217323251%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg, Quercetin: 8.4mg

Nutrients (% of daily need)

Calories: 577.95kcal (28.9%), Fat: 37.4g (57.55%), Saturated Fat: 16.41g (102.54%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 26.45g (9.62%), Sugar: 4.58g (5.09%), Cholesterol: 119.5mg (39.83%), Sodium: 669.38mg (29.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.65g (59.3%), Vitamin B12: 3.46µg (57.75%), Vitamin B3: 10.17mg (50.86%), Selenium: 28.74µg (41.05%), Zinc: 5.51mg (36.75%), Phosphorus: 310.67mg (31.07%), Vitamin C: 25.09mg (30.41%), Vitamin B6: 0.58mg (28.81%), Potassium: 863.76mg (24.68%), Vitamin B2: 0.36mg (21.31%), Iron: 3.35mg (18.64%), Vitamin B1: 0.27mg (18.24%), Magnesium: 61.67mg (15.42%), Copper: 0.29mg (14.45%), Vitamin B5: 1.35mg (13.54%), Folate: 52.89µg (13.22%), Fiber: 3.22g (12.88%), Manganese: 0.25mg (12.68%), Vitamin K: 7.69µg (7.32%), Calcium: 49.33mg (4.93%), Vitamin E: 0.32mg (2.13%)