



Rachel Allen's Irish Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



1221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 baby carrots whole thick scrubbed cut into slices at an angle, or 12 small baby carrots, and left
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon chives fresh snipped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 400 ml chicken stock see
- ☐ 12 medium onion cut into quarters through the root, which should keep the wedges intact
- ☐ 1.5 kg to lamb shoulder blade chops thick
- ☐ 8 potatoes peeled halved

- ☐ 4 servings pepper black freshly ground
- ☐ 1 Sprig thyme leaves

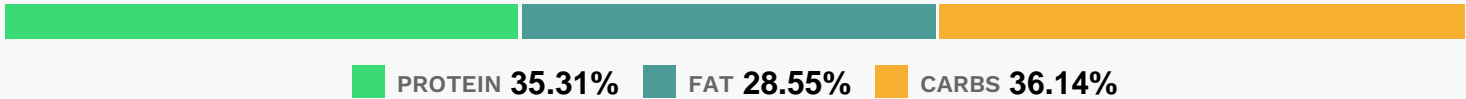
Equipment

- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 325°F (160°C).
- ☐ Cut the chops in half, but keep the bones intact as they will give great flavor.
- ☐ Heat the olive oil in a medium to large Dutch oven or flameproof casserole. Toss in the meat and cook for a minute on both sides, until nice and brown.
- ☐ Remove the meat and set aside.
- ☐ Add the carrots and onions to the hot oil and cook for a couple of minutes, seasoning with salt and pepper. Return the meat to the pot.
- ☐ Add the stock and bring to a boil.
- ☐ Put the potatoes in, season again with salt and pepper, and place a sprig of thyme on top.
- ☐ Cover and bake in the oven for 1 1/2 to 2 hours, until the meat is very tender. When it is cooked, pour off the cooking liquid and allow it to sit for a minute until the fat floats to the top; adding a cube of ice will help speed this up. Spoon off the fat and pour the juices back over the stew.
- ☐ Add the chopped herbs and serve.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:61.33, Inflammation Score:-10, Nutrition Score:61.013912947282%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 16.58mg, Isorhamnetin: 16.58mg, Isorhamnetin: 16.58mg, Isorhamnetin: 16.58mg Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 70.01mg, Quercetin: 70.01mg, Quercetin: 70.01mg, Quercetin: 70.01mg

Nutrients (% of daily need)

Calories: 1220.52kcal (61.03%), Fat: 38.49g (59.22%), Saturated Fat: 12.57g (78.59%), Carbohydrates: 109.66g (36.55%), Net Carbohydrates: 94.35g (34.31%), Sugar: 19.3g (21.44%), Cholesterol: 286.73mg (95.58%), Sodium: 410.78mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 107.13g (214.27%), Vitamin B12: 10.65µg (177.44%), Vitamin B6: 3.26mg (163.04%), Vitamin C: 110.91mg (134.43%), Zinc: 19.36mg (129.07%), Vitamin B3: 25.65mg (128.24%), Phosphorus: 1160.43mg (116.04%), Potassium: 3591.74mg (102.62%), Vitamin B2: 1.72mg (101.14%), Iron: 12.76mg (70.88%), Vitamin B1: 0.98mg (65.51%), Copper: 1.23mg (61.69%), Fiber: 15.31g (61.25%), Selenium: 41.28µg (58.98%), Manganese: 1.16mg (58.02%), Magnesium: 223.95mg (55.99%), Vitamin B5: 5.01mg (50.1%), Folate: 140.39µg (35.1%), Vitamin K: 34.8µg (33.15%), Vitamin A: 1181.73IU (23.63%), Calcium: 179.48mg (17.95%), Vitamin E: 1.66mg (11.07%)