



Rosemary Lamb Stew



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 oz canned tomatoes canned
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup chicken broth
- ☐ 4 servings rice hot cooked
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon kosher salt

- ☐ 2.5 cups lamb loins diced cooked
- ☐ 1 tablespoon olive oil
- ☐ 1 rosemary leaves fresh
- ☐ 1 cup onion yellow chopped

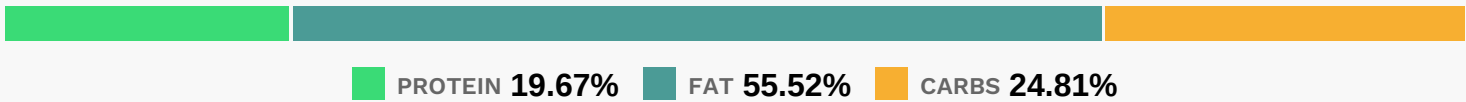
Equipment

- ☐ sauce pan

Directions

- ☐ Saut onion in hot oil in a 3-qt. saucepan over medium-high heat 3 to 4 minutes or until tender.
- ☐ Add mushrooms and carrots, and cook, stirring occasionally, 5 minutes.
- ☐ Add lamb and garlic, and cook, stirring constantly, 3 minutes. Stir in tomatoes, broth, and rosemary. Bring to a boil; reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes. Stir in salt and pepper. Discard rosemary sprig.
- ☐ Serve stew over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:78.71, Glycemic Load:28.44, Inflammation Score:-10, Nutrition Score:31.075217423232%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 630.06kcal (31.5%), Fat: 39.03g (60.04%), Saturated Fat: 15.72g (98.27%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 34.69g (12.62%), Sugar: 9.04g (10.04%), Cholesterol: 108.53mg (36.18%), Sodium: 940.99mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.21%), Vitamin A: 5577.07IU

(111.54%), Vitamin B3: 12.87mg (64.36%), Selenium: 40.19µg (57.41%), Vitamin B12: 3.44µg (57.4%), Zinc: 6.19mg (41.28%), Manganese: 0.79mg (39.37%), Vitamin B2: 0.65mg (38.31%), Phosphorus: 374.6mg (37.46%), Copper: 0.62mg (30.78%), Vitamin B6: 0.59mg (29.56%), Potassium: 1014.58mg (28.99%), Vitamin B5: 2.56mg (25.57%), Iron: 4.36mg (24.23%), Vitamin B1: 0.35mg (23.37%), Vitamin C: 16.02mg (19.41%), Magnesium: 75.37mg (18.84%), Fiber: 4.54g (18.17%), Vitamin K: 17.7µg (16.85%), Folate: 66.02µg (16.51%), Vitamin E: 2.36mg (15.71%), Calcium: 94.15mg (9.41%), Vitamin D: 0.26µg (1.74%)