

Scotch Broth

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 cup carrots 1-inch-thick sliced ()
- 1 cup celery chopped
- 64 ounce less-sodium chicken broth fat-free canned
- 2 cups leek thinly sliced (2)
- 2 pound boned leg of lamb
- 0.5 cup pearl barley uncooked
- 0.3 cup peas split green yellow

- 0.5 teaspoon salt
- 4 cups turnips cubed peeled (1-inch) ()

Equipment

- dutch oven

Directions

- Trim fat from lamb, and cut lamb into 1-inch cubes.
- Combine lamb, sliced leek, barley, peas, and broth in a large Dutch oven, and bring to a boil. Reduce heat, and simmer 45 minutes, stirring occasionally.
- Add the turnips and remaining ingredients, and bring to a boil. Reduce heat, and simmer 40 minutes or until turnips are tender.

Nutrition Facts

PROTEIN 39.11% **FAT 18.8%** **CARBS 42.09%**

Properties

Glycemic Index:32.52, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:19.27086945202%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 188.44kcal (9.42%), Fat: 3.96g (6.1%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 15.53g (5.65%), Sugar: 4.96g (5.51%), Cholesterol: 45.72mg (15.24%), Sodium: 1187.74mg (51.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.12%), Vitamin A: 3138.31IU (62.77%), Vitamin B12: 2.38µg (39.71%), Selenium: 27.32µg (39.03%), Vitamin B3: 6.93mg (34.67%), Vitamin C: 19.47mg (23.6%), Manganese: 0.46mg (23.21%), Phosphorus: 229.41mg (22.94%), Zinc: 3.37mg (22.46%), Fiber: 4.44g (17.78%), Vitamin B2: 0.29mg (17.01%), Vitamin K: 17.83µg (16.99%), Vitamin B6: 0.34mg (16.77%), Potassium: 569.64mg (16.28%), Iron: 2.74mg (15.22%), Copper: 0.29mg (14.4%), Folate: 56.11µg (14.03%), Vitamin B1: 0.2mg (13.63%), Magnesium: 49.73mg (12.43%), Vitamin B5: 1.06mg (10.63%), Calcium: 61.44mg (6.14%), Vitamin E: 0.53mg (3.53%)