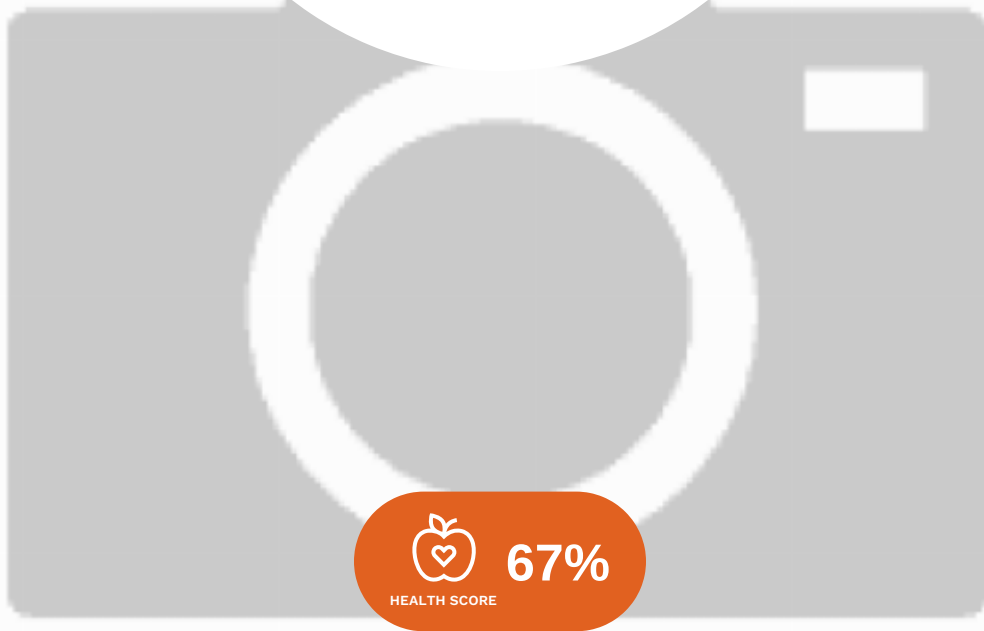




Scotch Broth II

 Dairy Free  Very Healthy

READY IN



745 min.

SERVINGS



8

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barley
- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 carrots diced
- ☐ 2 carrots chopped
- ☐ 1 stalk celery diced
- ☐ 1 leek chopped
- ☐ 2.3 pounds leg of lamb
- ☐ 2 onions minced

- ☐ 2 turnips diced
- ☐ 8 cups water

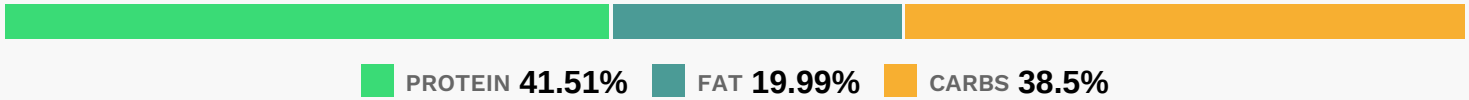
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ To make the stock, put the lamb shanks, 3 onions, 3 turnips, 2 carrots, peppercorns and water in a large pot. Bring to a boil, reduce the heat and simmer, covered, for 3 hours. Skim the surface as required.
- ☐ Remove the shanks and any meat that has fallen off the bones and cool slightly.
- ☐ Remove the meat from the bones and finely chop, then cover and refrigerate. Strain the stock, discarding the vegetables. Cool the stock and refrigerate overnight, or until the fat has set on top and can be spooned off.
- ☐ Cover the barley with water and soak for 1 hour.
- ☐ Put the stock in a large pan and gently reheat.
- ☐ Add the drained barley, extra carrot, onion, leek, celery and turnip. Bring to a boil, reduce the heat and simmer for 30 minutes, or until the barley and vegetables are just cooked. Return the meat to the pan and simmer for 5 minutes. Season well and serve with parsley.

Nutrition Facts



Properties

Glycemic Index:40.71, Glycemic Load:5.27, Inflammation Score:-10, Nutrition Score:18.589565131975%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 183.13kcal (9.16%), Fat: 4.08g (6.28%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 13.46g (4.89%), Sugar: 4.01g (4.46%), Cholesterol: 51.44mg (17.15%), Sodium: 106.83mg (4.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.16%), Vitamin A: 4039.32IU (80.79%), Vitamin B12: 2.17µg (36.17%), Selenium: 23.79µg (33.98%), Vitamin B3: 5.99mg (29.95%), Manganese: 0.57mg (28.49%), Zinc: 3.65mg (24.31%), Phosphorus: 216.76mg (21.68%), Fiber: 4.24g (16.97%), Vitamin B2: 0.27mg (16%), Vitamin B1: 0.24mg (15.72%), Vitamin B6: 0.3mg (14.92%), Potassium: 505.49mg (14.44%), Copper: 0.28mg (13.75%), Vitamin C: 11.28mg (13.67%), Iron: 2.46mg (13.66%), Magnesium: 54.01mg (13.5%), Vitamin K: 12.15µg (11.57%), Folate: 43.95µg (10.99%), Vitamin B5: 0.81mg (8.14%), Calcium: 52.84mg (5.28%), Vitamin E: 0.54mg (3.58%)