



Simmered Lamb and Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chicken tomato bouillon granules instant beef-flavored
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.3 teaspoon garlic powder
- ☐ 20 ounce lamb loin chops lean
- ☐ 1 cup onion vertically sliced
- ☐ 0.1 teaspoon pepper
- ☐ 2 small bell peppers red cut into thin strips (2 cups)

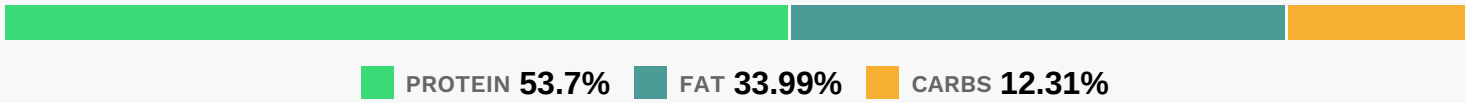
Equipment

☐ frying pan

Directions

- ☐ Coat bell pepper and onion with cooking spray.
- ☐ Place a large nonstick skillet over medium-high heat until hot.
- ☐ Add bell pepper and onion; stir-fry 2 minutes.
- ☐ Remove from skillet, and set aside. Coat both sides of lamb with cooking spray; add lamb to skillet, and cook 3 minutes on each side.
- ☐ Combine wine and remaining 3 ingredients, stirring well.
- ☐ Pour over lamb; bring to a boil over medium-high heat. Cook 6 minutes or to desired degree of doneness, turning lamb once and stirring occasionally.
- ☐ Transfer lamb to a serving platter. Stir vegetables into wine mixture; cook until thoroughly heated, stirring occasionally. Spoon vegetables over lamb.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:19.723478286163%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 254.85kcal (12.74%), Fat: 8.59g (13.22%), Saturated Fat: 3.07g (19.18%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 5.51g (2.01%), Sugar: 3.33g (3.7%), Cholesterol: 93.57mg (31.19%), Sodium: 219.59mg (9.55%), Alcohol: 3.15g (100%), Alcohol %: 1.6% (100%), Protein: 30.55g (61.1%), Vitamin C: 50.32mg (61%), Vitamin B12: 3.14µg (52.29%), Selenium: 33.88µg (48.39%), Vitamin B3: 9.66mg (48.28%), Zinc: 4.69mg (31.26%), Phosphorus:

292.54mg (29.25%), Vitamin A: 1159.62IU (23.19%), Vitamin B2: 0.37mg (21.76%), Vitamin B6: 0.4mg (20.05%), Iron: 2.98mg (16.55%), Potassium: 532.78mg (15.22%), Vitamin B1: 0.22mg (14.97%), Folate: 58.9µg (14.72%), Magnesium: 47.21mg (11.8%), Vitamin B5: 1.11mg (11.06%), Copper: 0.21mg (10.26%), Manganese: 0.14mg (6.94%), Fiber: 1.49g (5.96%), Vitamin E: 0.86mg (5.76%), Calcium: 29.52mg (2.95%), Vitamin K: 2.08µg (1.98%)