



 **49%**
HEALTH SCORE

Slow Cooker Lamb Curry

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 baking potatoes
- 2 cups beef broth
- 2 tablespoons butter
- 1 bunch cilantro leaves chopped
- 2 tablespoons curry powder
- 0.5 teaspoon fennel powder
- 0.5 teaspoon garam masala
- 3 cloves garlic minced

- 1 teaspoon ginger
- 5.5 pounds lamb stew meat cooked
- 6 ounces mushrooms chopped
- 6 ounces mushrooms chopped
- 2 tablespoons olive oil
- 1 onion diced
- 1 tablespoon oregano
- 0.5 cup yogurt plain
- 1 tablespoon rosemary
- 0.5 teaspoon salt
- 1 can canned tomatoes

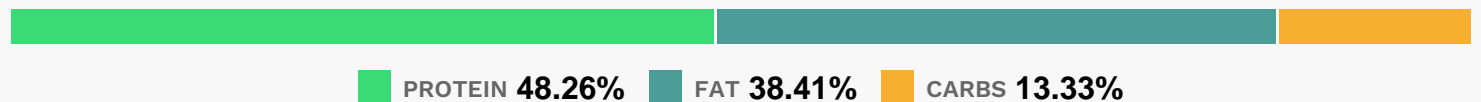
Equipment

- pot
- slow cooker

Directions

- Pull out your slow cooker and add everything into the pot with the exception of the yogurt. Now turn on your pot, setting it on low for the next 4–6 hours or high for the next 3–5. When the time is up, open up your slow cooker, grab your yogurt and stir it into the curry.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:54.97, Glycemic Load:9.53, Inflammation Score:-8, Nutrition Score:40.445652173913%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:

0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg
Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Taste

Sweetness: 17.82%, Saltiness: 100%, Sourness: 29.92%, Bitterness: 25.16%, Savoriness: 60.4%, Fattiness: 75.13%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 571.21kcal (28.56%), Fat: 24.1g (37.07%), Saturated Fat: 8.69g (54.3%), Carbohydrates: 18.81g (6.27%), Net
Carbohydrates: 15.49g (5.63%), Sugar: 4.82g (5.36%), Cholesterol: 212.21mg (70.74%), Sodium: 675.96mg (29.39%),
Protein: 68.12g (136.23%), Vitamin B12: 8.64µg (143.92%), Selenium: 76.9µg (109.86%), Vitamin B3: 21.88mg
(109.39%), Zinc: 13.68mg (91.21%), Phosphorus: 708.09mg (70.81%), Vitamin B2: 1.01mg (59.67%), Manganese:
0.9mg (45.11%), Vitamin B6: 0.88mg (43.77%), Iron: 7.83mg (43.48%), Potassium: 1516.85mg (43.34%), Vitamin B1:
0.54mg (36.22%), Copper: 0.69mg (34.66%), Vitamin B5: 3.26mg (32.65%), Magnesium: 119.09mg (29.77%), Folate:
103.32µg (25.83%), Vitamin E: 2.41mg (16.04%), Vitamin K: 14.62µg (13.92%), Fiber: 3.33g (13.31%), Vitamin C:
10.75mg (13.03%), Calcium: 104.58mg (10.46%), Vitamin A: 314.88IU (6.3%)