



 **51%**
HEALTH SCORE

Slow-Cooker Spiced Lamb Tagine

 **Gluten Free**  **Dairy Free**

READY IN



500 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb stew meat cut into 1 1/2-inch cubes
- 1 teaspoon ground cumin
- 0.5 teaspoon turmeric
- 0.8 teaspoon salt
- 1 tablespoon olive oil
- 1.5 cups chicken broth (from 32-oz carton)
- 2.5 cups onion coarsely chopped
- 1 cup prune- cut to pieces dried pitted

- 0.3 cup honey
- 2 tablespoons tomato paste
- 3 medium carrots
- 1 leaves cilantro leaves fresh
- 1 serving almonds toasted sliced

Equipment

- frying pan
- slotted spoon
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray.
- Sprinkle lamb with 1/2 teaspoon of the cumin, the turmeric and salt. In 12-inch skillet, heat oil over medium-high heat.
- Add half of the lamb; cook 6 minutes, stirring occasionally, until browned on all sides.
- Remove lamb with slotted spoon; place in slow cooker. Repeat with remaining lamb.
- Discard any remaining drippings from skillet, leaving brown particles in skillet.
- Add 1/2 cup of the broth to skillet, scraping to loosen particles; cook 1 minute.
- Pour into slow cooker. Stir in remaining 1/2 teaspoon cumin, remaining 1 cup broth, the onions, plums, honey, tomato paste and carrots.
- Cover; cook on Low heat setting 8 hours or until lamb is tender.
- Sprinkle individual servings with cilantro and almonds.

Nutrition Facts



Properties

Glycemic Index:42.02, Glycemic Load:13.56, Inflammation Score:-10, Nutrition Score:27.603043556213%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 394.76kcal (19.74%), Fat: 10.41g (16.01%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 40.88g (13.63%), Net Carbohydrates: 36.49g (13.27%), Sugar: 27.84g (30.94%), Cholesterol: 94.92mg (31.64%), Sodium: 661.06mg (28.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.01%), Vitamin A: 5421.14IU (108.42%), Selenium: 43µg (61.42%), Vitamin B6: 1.19mg (59.43%), Vitamin B3: 11.48mg (57.4%), Vitamin B12: 2.81µg (46.82%), Zinc: 6.74mg (44.93%), Phosphorus: 385.43mg (38.54%), Potassium: 1007.14mg (28.78%), Vitamin K: 25.93µg (24.7%), Iron: 4.19mg (23.28%), Vitamin B2: 0.38mg (22.55%), Fiber: 4.39g (17.56%), Manganese: 0.32mg (16.07%), Magnesium: 63.66mg (15.91%), Copper: 0.31mg (15.45%), Vitamin B1: 0.22mg (14.97%), Folate: 40.47µg (10.12%), Vitamin C: 8.26mg (10.01%), Vitamin B5: 0.97mg (9.71%), Vitamin E: 1.44mg (9.63%), Calcium: 75.89mg (7.59%)