



Southwestern Lamb Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beer
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chipotle sauce canned finely chopped
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 pounds lamb stew meat trimmed

- ☐ 0.8 cup less-sodium beef broth
- ☐ 5.5 cups onion vertically sliced (1 large)
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste

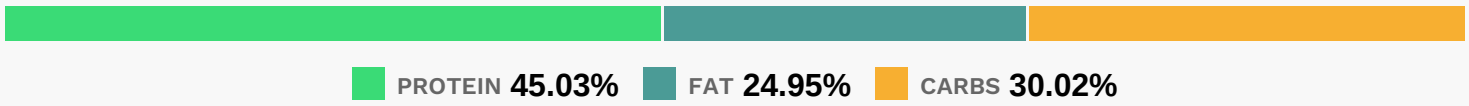
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add lamb; cook 8 minutes, browning on all sides.
- ☐ Remove lamb from pan; set aside.
- ☐ Add onion to pan; saut 5 minutes or until golden brown.
- ☐ Add broth; cook until liquid evaporates, scraping pan to loosen browned bits. Stir in chiles and the next 5 ingredients (through beer). Return lamb to pan; bring to a boil. Cover and bake at 350 for 1 hour and 15 minutes or until lamb is tender.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:54.88, Glycemic Load:8.43, Inflammation Score:-9, Nutrition Score:35.923478416775%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg,

Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 45.21mg, Quercetin: 45.21mg, Quercetin: 45.21mg, Quercetin: 45.21mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 479.56kcal (23.98%), Fat: 12.71g (19.56%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 27.35g (9.95%), Sugar: 15.38g (17.09%), Cholesterol: 147.42mg (49.14%), Sodium: 741.26mg (32.23%), Alcohol: 3.32g (100%), Alcohol %: 0.6% (100%), Protein: 51.62g (103.24%), Vitamin B12: 6.21µg (103.48%), Vitamin B3: 15.78mg (78.91%), Selenium: 54.5µg (77.86%), Zinc: 10.18mg (67.83%), Phosphorus: 548.55mg (54.85%), Vitamin B6: 0.85mg (42.6%), Potassium: 1486.11mg (42.46%), Vitamin B2: 0.7mg (41.11%), Iron: 6.7mg (37.21%), Vitamin C: 27.8mg (33.7%), Vitamin B1: 0.49mg (32.49%), Manganese: 0.6mg (30.17%), Copper: 0.6mg (29.76%), Folate: 114.22µg (28.55%), Magnesium: 113.04mg (28.26%), Fiber: 7.06g (28.23%), Vitamin B5: 2.22mg (22.25%), Vitamin E: 2.41mg (16.03%), Calcium: 119.94mg (11.99%), Vitamin A: 570.49IU (11.41%), Vitamin K: 11.1µg (10.57%)