



Spanish Lamb and Couscous

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds to lamb shoulder blade chops
- ☐ 1 cup bell pepper green chopped
- ☐ 0.3 cup chili sauce
- ☐ 14.5 ounces canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup olives pitted ripe cut in half
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cups couscous hot cooked

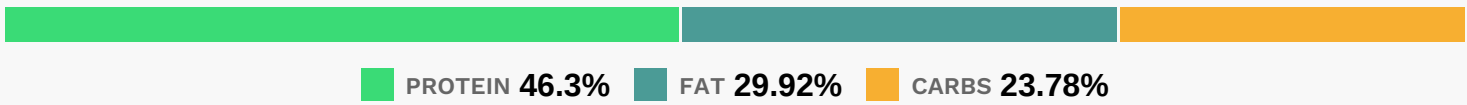
Equipment

- ☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Cook lamb in skillet, turning once, until brown on both sides.
- ☐ Stir in bell pepper, chili sauce, tomatoes, cumin, marjoram, garlic powder and salt; reduce heat to medium-low. Cover and simmer about 10 minutes or until lamb is light pink in center.
- ☐ Stir in olives; sprinkle with parsley.
- ☐ Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:13.38, Inflammation Score:-7, Nutrition Score:36.510869772538%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 537.97kcal (26.9%), Fat: 17.64g (27.13%), Saturated Fat: 6.65g (41.55%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 27.04g (9.83%), Sugar: 7.84g (8.71%), Cholesterol: 171.57mg (57.19%), Sodium: 781.18mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.4g (122.8%), Vitamin B12: 6.44µg (107.32%), Zinc: 11.12mg (74.11%), Vitamin B3: 14.09mg (70.47%), Selenium: 44.33µg (63.33%), Vitamin B6: 1.24mg (62.11%), Vitamin B2: 0.95mg (55.79%), Phosphorus: 548.42mg (54.84%), Vitamin C: 44.82mg (54.33%), Iron: 7.26mg (40.31%), Vitamin K: 42.18µg (40.17%), Potassium: 1211.05mg (34.6%), Copper: 0.63mg (31.64%), Vitamin B1: 0.44mg (29.44%), Vitamin B5: 2.62mg (26.23%), Magnesium: 88.12mg (22.03%), Fiber: 4.49g (17.95%), Manganese: 0.34mg (17.21%),

Vitamin E: 2.2mg (14.66%), Vitamin A: 680.62IU (13.61%), Folate: 33.84µg (8.46%), Calcium: 84.56mg (8.46%)