



 **100%**
HEALTH SCORE

Spiced Braised Lamb with Carrots and Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 14 oz frangelico whole canned
- ☐ 6 medium carrots
- ☐ 1 rib celery stalks chopped
- ☐ 3 garlic clove finely chopped
- ☐ 2 teaspoons ground coriander
- ☐ 4 teaspoons ground cumin

- ☐ 3.5 lb lamb shoulder boneless trimmed cut into 2-inch pieces
- ☐ 1 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 1.5 lb pkt spinach
- ☐ 2 cups water

Equipment

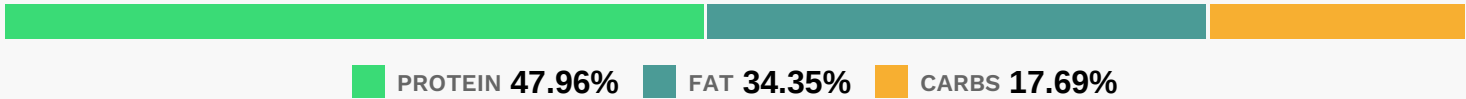
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove

Directions

- ☐ Preheat oven to 350°F.
- ☐ Pat lamb dry and sprinkle with pepper and 1 teaspoon salt.
- ☐ Heat 1 tablespoon oil in a 10-inch heavy skillet (preferably cast-iron) over moderately high heat until hot but not smoking, then brown lamb in 5 batches, turning occasionally, about 4 minutes per batch, adding more oil as needed.
- ☐ Transfer as browned to an ovenproof 6- to 7-quart wide heavy pot.
- ☐ Pour off all but 1 tablespoon fat from skillet, then cook onion and celery in remaining fat over moderate heat, stirring occasionally, until golden, about 3 minutes.
- ☐ Add garlic, cumin, and coriander and cook, stirring, 1 minute.
- ☐ Add 1 cup water and deglaze skillet by boiling, stirring and scraping up any brown bits, 1 minute, then pour mixture over lamb in pot.
- ☐ Pour juice from can of tomatoes into stew, then coarsely chop tomatoes and add to stew along with remaining cup water and remaining 1/2 teaspoon salt and bring to a boil (liquid should almost cover meat).
- ☐ Cover pot and braise lamb in middle of oven 1 1/2 hours. Stir in carrots and continue to braise until carrots and lamb are tender, 20 to 30 minutes.

- ☐
- Transfer pot to top of stove and, working over moderately high heat, stir in spinach by handfuls to soften it. Cook, uncovered, stirring occasionally, until spinach is tender, 5 to 8 minutes. Season with salt and pepper.
- ☐
- Braised lamb improves in flavor when made 1 day ahead. Prepare without spinach and cool, uncovered, then chill, covered.
- ☐
- Remove any solidified fat before reheating and add spinach once stew is hot.

Nutrition Facts



Properties

Glycemic Index:25.6, Glycemic Load:2.38, Inflammation Score:-10, Nutrition Score:33.781304359436%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 233.88kcal (11.69%), Fat: 9.04g (13.9%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 6.6g (2.4%), Sugar: 3.36g (3.73%), Cholesterol: 80.01mg (26.67%), Sodium: 626.99mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.79%), Vitamin K: 418.47µg (398.54%), Vitamin A: 15633.1IU (312.66%), Vitamin B12: 3.34µg (55.63%), Folate: 207.48µg (51.87%), Manganese: 0.98mg (48.86%), Vitamin B3: 8.66mg (43.28%), Selenium: 29.73µg (42.47%), Zinc: 5.88mg (39.17%), Vitamin C: 28.52mg (34.57%), Phosphorus: 304.84mg (30.48%), Iron: 5.46mg (30.33%), Potassium: 1039.64mg (29.7%), Vitamin B2: 0.49mg (28.61%), Magnesium: 112.44mg (28.11%), Vitamin B6: 0.46mg (22.91%), Vitamin B1: 0.27mg (17.68%), Vitamin E: 2.6mg (17.31%), Copper: 0.31mg (15.68%), Fiber: 3.87g (15.5%), Calcium: 136.72mg (13.67%), Vitamin B5: 1.11mg (11.14%)