



Spicy Lamb Couscous

 Dairy Free

READY IN



268 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds leg of lamb
- 0.5 cup onion chopped
- 0.3 cup parsley fresh chopped
- 2 tablespoons juice of lemon
- 1 teaspoon ground cinnamon
- 2 teaspoons honey
- 0.5 teaspoon salt
- 0.5 teaspoon ground cumin

- 0.3 teaspoon pepper
- 0.1 teaspoon ground pepper red (cayenne)
- 2 garlic clove finely chopped
- 3 cups couscous hot cooked
- 1 serving hot sauce red
- 0.3 cup mint leaves fresh chopped

Equipment

- bowl
- frying pan
- oven
- broiler pan

Directions

- Remove fat from lamb.
- Cut lamb into 1 1/2-inch cubes.
- Mix remaining ingredients except couscous, mint and pepper sauce in glass or plastic bowl.
- Add lamb; stir to coat with marinade. Cover and refrigerate 4 hours.
- Set oven control to broil. Spray broiler pan rack with cooking spray.
- Remove lamb from marinade.
- Place lamb on rack in broiler pan. Broil with tops 5 inches from heat 6 minutes; turn. Spoon pan drippings over lamb. Broil about 7 minutes longer or until no longer pink in center.
- Mix couscous and mint.
- Serve lamb over couscous.
- Serve with pepper sauce.

Nutrition Facts



Properties

Glycemic Index:46.71, Glycemic Load:12.55, Inflammation Score:-5, Nutrition Score:13.731739282608%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 198.39kcal (9.92%), Fat: 3.47g (5.33%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.1g (7.67%), Sugar: 2.73g (3.04%), Cholesterol: 45.72mg (15.24%), Sodium: 245.62mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.1g (36.2%), Selenium: 38.64µg (55.2%), Vitamin K: 41.43µg (39.46%), Vitamin B12: 1.93µg (32.15%), Vitamin B3: 5.33mg (26.67%), Zinc: 3.05mg (20.36%), Phosphorus: 165.16mg (16.52%), Vitamin B2: 0.21mg (12.64%), Iron: 2.06mg (11.44%), Manganese: 0.22mg (11.06%), Vitamin B1: 0.16mg (10.92%), Vitamin B6: 0.2mg (10%), Folate: 37.85µg (9.46%), Potassium: 312.78mg (8.94%), Vitamin C: 7.24mg (8.77%), Vitamin B5: 0.85mg (8.55%), Magnesium: 31.27mg (7.82%), Fiber: 1.83g (7.3%), Copper: 0.15mg (7.3%), Vitamin A: 311.83IU (6.24%), Calcium: 29.33mg (2.93%), Vitamin E: 0.32mg (2.1%)