



Tagine of Lamb and Apricots in Honey Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 cup apricot dried chopped
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 1 teaspoon turmeric
- ☐ 0.3 cup honey
- ☐ 2 pounds lamb stew meat
- ☐ 1 cup beef broth

- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped (2 medium)
- ☐ 1 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted

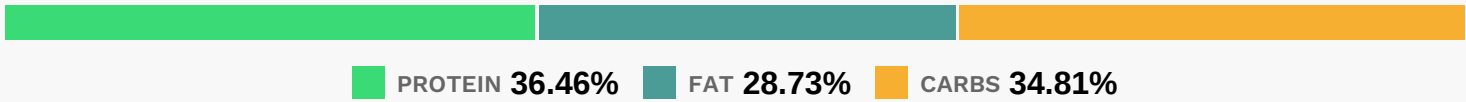
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 5 ingredients in a large bowl. Toss gently to coat.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add lamb mixture; cook 5 minutes, browning on all sides and stirring frequently.
- ☐ Add onion, and cook 2 minutes, stirring once. Stir in broth, honey, and cinnamon stick. Cover and bake at 425 for 45 minutes. Stir in apricots, and bake 15 minutes. Discard cinnamon stick, and sprinkle evenly with slivered almonds.
- ☐ Wine note: Lamb, the most traditional meat of the Mediterranean, is extremely wine-friendly. From cabernet sauvignon to syrah and Bordeaux to Rioja, there's hardly a red wine that doesn't work with it. In this dish, the savoriness of the lamb is underscored by the fruity sweetness of the apricots and honey. This goes well with zinfandel, a thick, rich wine that has a dense fruitiness of its own. Try Folie Deux's 2002 zinfandel from Amador County, California (\$18). -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:33.93, Glycemic Load:13.49, Inflammation Score:-10, Nutrition Score:25.873043671898%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg

Nutrients (% of daily need)

Calories: 435.46kcal (21.77%), Fat: 14.13g (21.73%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 34.18g (12.43%), Sugar: 30.78g (34.2%), Cholesterol: 117.93mg (39.31%), Sodium: 677.22mg (29.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.33g (80.67%), Vitamin B12: 4.95µg (82.55%), Selenium: 42.67µg (60.96%), Vitamin B3: 11.79mg (58.97%), Zinc: 7.98mg (53.22%), Phosphorus: 408.46mg (40.85%), Vitamin B2: 0.54mg (31.85%), Potassium: 1070.57mg (30.59%), Manganese: 0.54mg (27.2%), Iron: 4.58mg (25.45%), Vitamin E: 3.19mg (21.25%), Vitamin B6: 0.42mg (21.24%), Copper: 0.4mg (20.14%), Magnesium: 78.37mg (19.59%), Vitamin A: 941.87IU (18.84%), Vitamin B1: 0.28mg (18.75%), Fiber: 4.34g (17.34%), Vitamin B5: 1.54mg (15.43%), Folate: 59.44µg (14.86%), Calcium: 72.39mg (7.24%), Vitamin C: 5.22mg (6.33%), Vitamin K: 2.55µg (2.43%)