

Thick Irish Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



170 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 4 carrots coarsely chopped
- 4 ounce lamb shoulder blade chops
- 4 onions coarsely chopped
- 14 ounce peas split yellow dry
- 0.3 teaspoon cracked pepper black
- 6 potatoes coarsely chopped
- 1 pinch salt

- 4 cups vegetable broth
- 8 servings water to cover

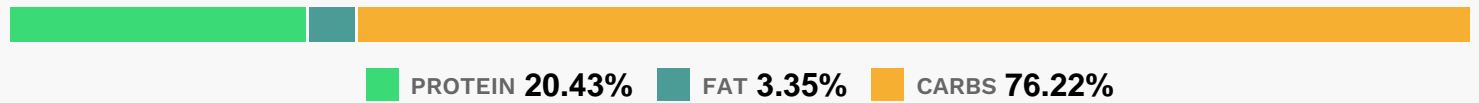
Equipment

- pot

Directions

- Place lamb shoulder chops, carrots, onions, and potatoes in a large pot over medium heat. Stir in salt and cracked black pepper.
- Pour in vegetable broth and enough water to cover; drop in bay leaves. Bring to a boil, reduce heat to low and simmer for 1 hour, stirring occasionally.
- Stir in split peas and bring to a boil. Reduce heat to low and simmer until lamb is very tender and split peas have broken apart to create a thick stew, about 1 1/2 more hours. Stir occasionally to keep stew from burning on the bottom.

Nutrition Facts



Properties

Glycemic Index:29.32, Glycemic Load:23.22, Inflammation Score:-10, Nutrition Score:27.714347963748%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

Nutrients (% of daily need)

Calories: 344.63kcal (17.23%), Fat: 1.32g (2.03%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 67.49g (22.5%), Net Carbohydrates: 49.51g (18%), Sugar: 9.99g (11.1%), Cholesterol: 5.72mg (1.91%), Sodium: 533.13mg (23.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.09g (36.18%), Vitamin A: 5426.48IU (108.53%), Fiber: 17.98g (71.92%), Manganese: 1.06mg (53.11%), Vitamin C: 38.25mg (46.36%), Folate: 179.96µg (44.99%), Potassium: 1363.8mg (38.97%), Vitamin B1: 0.54mg (36.28%), Copper: 0.69mg (34.33%), Vitamin B6: 0.68mg (34%), Phosphorus: 316.01mg (31.6%), Magnesium: 107.71mg (26.93%), Iron: 3.83mg (21.27%), Vitamin B3: 4.02mg (20.09%), Zinc:

2.52mg (16.8%), Vitamin B5: 1.56mg (15.61%), Vitamin K: 14.58 μ g (13.88%), Vitamin B2: 0.21mg (12.42%), Calcium: 77.93mg (7.79%), Selenium: 3.61 μ g (5.16%), Vitamin B12: 0.24 μ g (3.97%), Vitamin E: 0.29mg (1.95%)