



## True Lancashire Hot Pot

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices bacon
- 2 cups gravy
- 1 pound lamb stew meat cubed cooked
- 1 large onion sliced into rings
- 6 medium potatoes thinly sliced
- 1 pinch salt and pepper to taste

### Equipment

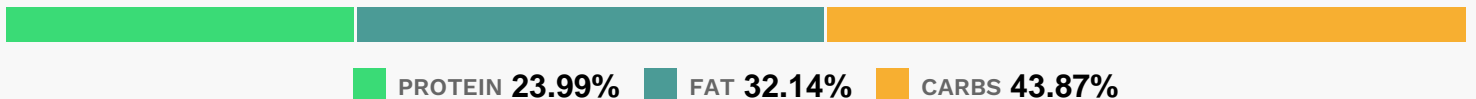
- frying pan

- sauce pan
- oven
- casserole dish

## Directions

- Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble and set aside.
- Place potatoes in a saucepan with one inch of water. Bring to a boil over medium-high heat, and cook until tender but not mushy, about 5 minutes.
- Drain, and set aside to cool.
- Preheat the oven to 350 degrees F (175 degrees C). Cover the bottom of a 1 1/2 quart casserole dish with 1/2 cup of gravy.
- Layer half of the meat over the gravy, then sprinkle half of the crumbled bacon. Arrange 1/2 of the sliced onion over the meat, and then half of the potatoes. Repeat layers, and pour remaining gravy over the top.
- Bake, covered, for one hour in the preheated oven.
- Remove lid, and bake for an additional 15 minutes, or until potatoes are browned.

## Nutrition Facts



## Properties

Glycemic Index:18.46, Glycemic Load:27.76, Inflammation Score:-5, Nutrition Score:20.086956311827%

## Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

## Nutrients (% of daily need)

Calories: 400.09kcal (20%), Fat: 14.27g (21.95%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 38.71g (14.08%), Sugar: 4.05g (4.5%), Cholesterol: 69.95mg (23.32%), Sodium: 575.31mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.92%), Vitamin C: 43.81mg (53.1%), Vitamin B6: 0.84mg (41.89%), Vitamin B3: 7.66mg (38.28%), Vitamin B12: 2.17µg (36.23%), Potassium: 1191.49mg (34.04%),

Selenium: 22.42µg (32.03%), Phosphorus: 303.22mg (30.32%), Zinc: 4.06mg (27.05%), Vitamin B1: 0.34mg (22.73%), Fiber: 5.1g (20.44%), Manganese: 0.38mg (18.94%), Magnesium: 73.79mg (18.45%), Iron: 3.14mg (17.46%), Copper: 0.34mg (17.03%), Vitamin B2: 0.27mg (16.13%), Folate: 56.22µg (14.05%), Vitamin B5: 1.32mg (13.2%), Vitamin K: 4.15µg (3.95%), Calcium: 39.22mg (3.92%), Vitamin E: 0.29mg (1.91%)