



HEALTH SCORE

91%

## Beef Shank Sauce Over Polenta



Gluten Free



Dairy Free



Very Healthy

READY IN



240 min.

SERVINGS



4

CALORIES



734 kcal

SAUCE

### Ingredients

- ☐ 5 pounds beef shanks thick trimmed
- ☐ 28 ounces canned tomatoes crushed (one big can)
- ☐ 2 carrots cut into 1/2-inch dice
- ☐ 4 rib celery stalks cut into 1/2-inch dice
- ☐ 4 servings precooked polenta tube cooked for serving
- ☐ 2 cups wine dry red
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 onion cut into 1/2-inch dice
- ☐ 4 servings pepper freshly ground
- ☐ 2 cups vegetable broth low-sodium

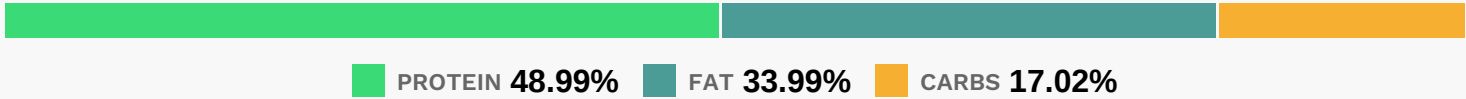
## Equipment

- ☐ oven
- ☐ slotted spoon
- ☐ tongs

## Directions

- ☐ Preheat the oven to 32
- ☐ Season the shanks with salt and pepper. In a large enameled cast-iron casserole, heat the olive oil until shimmering.
- ☐ Add half of the shanks to the casserole and cook over moderately high heat, turning once, until browned, about 7 minutes.
- ☐ Transfer to a plate. Repeat with the remaining shanks.
- ☐ Pour off all but 2 tablespoons of fat from the casserole.
- ☐ Add the onions, celery, carrots and a generous pinch of salt and cook over moderate heat, stirring, until the vegetables are very soft and golden, 15 minutes.
- ☐ Add the wine and bring to a boil. Simmer over moderate heat for 2 minutes.
- ☐ Add the tomatoes and broth and bring to a boil. Return the shanks and any accumulated juices to the casserole. Cover and braise in the oven for 3 hours, until the meat is very tender.
- ☐ Using tongs or a slotted spoon, transfer the shanks to a plate and let cool slightly. Using 2 forks, shred the meat and scrape out marrow from the bones.
- ☐ Add the meat and marrow to the sauce and rewarm over moderately low heat. Season the sauce with salt and pepper and serve with polenta or pasta.

## Nutrition Facts



## Properties

Glycemic Index:43.96, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:48.323913159578%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg

Nutrients (% of daily need)

Calories: 734.36kcal (36.72%), Fat: 24.29g (37.37%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 21.26g (7.73%), Sugar: 13.03g (14.48%), Cholesterol: 132.68mg (44.23%), Sodium: 694.36mg (30.19%), Alcohol: 12.6g (100%), Alcohol %: 1.82% (100%), Protein: 78.75g (157.51%), Vitamin B12: 11.33µg (188.81%), Zinc: 24.32mg (162.1%), Vitamin B3: 22.32mg (111.61%), Vitamin A: 5528.44IU (110.57%), Vitamin B6: 2.01mg (100.3%), Selenium: 61.75µg (88.21%), Phosphorus: 784.63mg (78.46%), Iron: 10.75mg (59.74%), Potassium: 2080.18mg (59.43%), Vitamin B2: 0.88mg (52.06%), Vitamin B1: 0.53mg (35.66%), Copper: 0.64mg (32.09%), Vitamin C: 24.16mg (29.28%), Vitamin E: 4.21mg (28.06%), Manganese: 0.54mg (26.99%), Fiber: 6.11g (24.43%), Magnesium: 96.81mg (24.2%), Vitamin K: 21.54µg (20.52%), Vitamin B5: 1.9mg (18.98%), Folate: 69.65µg (17.41%), Calcium: 159.32mg (15.93%)