



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 cut into 1/2-inch dice
- ☐ 4 servings polenta cooked for serving
- ☐ 2 cups cooking wine dry red
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin

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

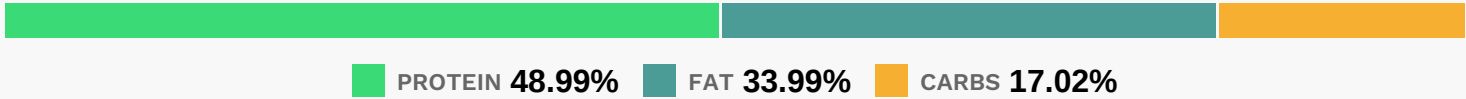
Equipment

- ☐ 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%)