



Beef Shank with Mushrooms and Cranberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 16 ounce beef shanks bone-in
- ☐ 2 cups beef stock low-sodium
- ☐ 0.5 tablespoon butter
- ☐ 1 carrots sliced
- ☐ 2 celery stalks sliced
- ☐ 2 cups cranberries

- ☐ 0.3 cup cranberries dried
- ☐ 1 garlic clove smashed
- ☐ 0.3 pound mushrooms wild
- ☐ 0.5 cup cooking oil
- ☐ 1 onion chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 2 servings polenta
- ☐ 2 servings salt and pepper to taste
- ☐ 1 tablespoon shallots minced
- ☐ 2 sprigs thyme leaves
- ☐ 4 sprigs thyme leaves

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350.
- ☐ Season beef shanks with salt and pepper. In skillet, heat oil until smoking. Brown shanks on both sides; discard oil. Over medium heat in oiled skillet, saut (10 minutes) 4 sprigs thyme, bay leaf, smashed garlic clove, sliced carrot, chopped onion, sliced celery, and 2 cups cranberries.
- ☐ Add beef stock; boil, simmer, and skim.
- ☐ Place shanks and liquid in lidded pot; boil.
- ☐ Bake (2 hours); remove shanks. In saut pan, melt butter.
- ☐ Add 2 sprigs thyme and minced shallot; saut over medium heat (2 minutes).
- ☐ Add dried cranberries and wild mushrooms. Saut (6 minutes); stir. Strain liquid into pan with mushrooms and dried berries. Simmer (4 minutes), turn off heat, and add chopped parsley. Pair with polenta.

Nutrition Facts

PROTEIN 29.38% FAT 34.58% CARBS 36.04%

Properties

Glycemic Index:207.42, Glycemic Load:6.82, Inflammation Score:-10, Nutrition Score:37.703043139499%

Flavonoids

Cyanidin: 46.52mg, Cyanidin: 46.52mg, Cyanidin: 46.52mg, Cyanidin: 46.52mg Delphinidin: 7.69mg, Delphinidin: 7.69mg, Delphinidin: 7.69mg Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 49.16mg, Peonidin: 49.16mg, Peonidin: 49.16mg, Peonidin: 49.16mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg, Apigenin: 4.51mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 7.34mg, Myricetin: 7.34mg, Myricetin: 7.34mg, Myricetin: 7.34mg Quercetin: 26.8mg, Quercetin: 26.8mg, Quercetin: 26.8mg, Quercetin: 26.8mg

Nutrients (% of daily need)

Calories: 516.53kcal (25.83%), Fat: 20.32g (31.26%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 39.97g (14.54%), Sugar: 22.01g (24.46%), Cholesterol: 60.6mg (20.2%), Sodium: 811.62mg (35.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.84g (77.68%), Vitamin A: 5597.69IU (111.95%), Vitamin B12: 4.56µg (76%), Zinc: 10.58mg (70.56%), Vitamin B3: 12.73mg (63.67%), Vitamin B6: 1.07mg (53.41%), Vitamin K: 52.94µg (50.41%), Selenium: 34.76µg (49.66%), Vitamin B2: 0.83mg (48.76%), Phosphorus: 458.39mg (45.84%), Potassium: 1493.56mg (42.67%), Vitamin C: 29.57mg (35.84%), Manganese: 0.67mg (33.71%), Fiber: 7.67g (30.69%), Iron: 5.45mg (30.27%), Copper: 0.54mg (26.77%), Vitamin E: 3.95mg (26.34%), Vitamin B1: 0.34mg (22.92%), Vitamin B5: 1.91mg (19.1%), Magnesium: 67.22mg (16.8%), Folate: 50.84µg (12.71%), Calcium: 102.85mg (10.28%)