



Braised Carrots with Lamb

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 large carrots peeled
- ☐ 1 rib celery coarsely chopped
- ☐ 1 cup cooking wine dry red
- ☐ 5 garlic cloves smashed
- ☐ 1 lamb shank
- ☐ 1 lemon zest finely grated
- ☐ 2 large onions coarsely chopped
- ☐ 0.3 cup parsley mixed chopped

- ☐ 0.5 cup ruby port
- ☐ 1 rosemary sprig
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons vegetable oil

Equipment

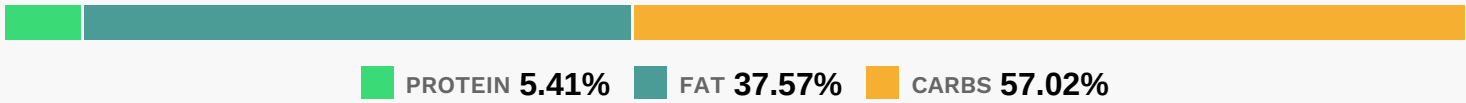
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 32
- ☐ Season the lamb with salt and pepper. In a large skillet, heat 1 tablespoon of the oil.
- ☐ Add the lamb and cook over moderately high heat until browned on all sides, about 8 minutes.
- ☐ Transfer the lamb to a plate and pour off the oil.
- ☐ Add the remaining 1 tablespoon of oil to the skillet and add the onions, garlic and celery. Cook over moderate heat until browned, 12 minutes.
- ☐ Add the wine and port and boil until reduced to 1/3 cup, about 4 minutes.
- ☐ Transfer to a roasting pan and add the rosemary. Arrange the lamb shank and carrots in the pan, add 3/4 cup of water and cover with foil.
- ☐ Bake for 2 hours, turning the lamb and carrots once, until the lamb is very tender.
- ☐ Transfer the lamb to a bowl.
- ☐ Transfer 2 of the carrots to a plate to reserve for the Cracked Emmer and Carrot Porridge.
- ☐ Transfer the 4 remaining carrots to a serving platter. Keep warm.
- ☐ Strain the pan juices into a saucepan. Boil over high heat until reduced to 1/2 cup, 7 minutes. Shred the shank meat and add it to the pan juices; season with salt and pepper.

Sprinkle the herbs and lemon zest over the carrots. Surround the carrots with the lamb and sauce and serve.

Nutrition Facts



Properties

Glycemic Index:59.46, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:15.439565465826%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 3.68mg, Delphinidin: 3.68mg, Delphinidin: 3.68mg, Delphinidin: 3.68mg Malvidin: 44.19mg, Malvidin: 44.19mg, Malvidin: 44.19mg, Malvidin: 44.19mg Peonidin: 2.29mg, Peonidin: 2.29mg, Peonidin: 2.29mg, Peonidin: 2.29mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg, Isorhamnetin: 3.77mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg, Quercetin: 16.46mg

Nutrients (% of daily need)

Calories: 240.66kcal (12.03%), Fat: 7.25g (11.15%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 20.09g (7.3%), Sugar: 10.77g (11.96%), Cholesterol: 0.18mg (0.06%), Sodium: 277.2mg (12.05%), Alcohol: 10.89g (100%), Alcohol %: 4.76% (100%), Protein: 2.35g (4.7%), Vitamin A: 18362.87IU (367.26%), Vitamin K: 88.71µg (84.48%), Vitamin C: 20.04mg (24.29%), Fiber: 4.68g (18.7%), Manganese: 0.36mg (17.84%), Potassium: 522.4mg (14.93%), Vitamin B6: 0.29mg (14.62%), Folate: 40.99µg (10.25%), Vitamin E: 1.32mg (8.8%), Vitamin B1: 0.12mg (8.22%), Phosphorus: 70.81mg (7.08%), Calcium: 69.84mg (6.98%), Magnesium: 26.34mg (6.58%), Vitamin B3: 1.31mg (6.55%), Vitamin B2: 0.1mg (5.77%), Copper: 0.11mg (5.51%), Iron: 0.88mg (4.87%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.51mg (3.37%), Selenium: 1.23µg (1.76%)