

food  
network

 **60%**  
HEALTH SCORE

## Braised Lamb Chops en Cazuela with Potato-Artichoke Gratin and Red Wine Reduction

 Very Healthy

READY IN



195 min.

SERVINGS



4

CALORIES



1318 kcal

BEVERAGE

DRINK

### Ingredients

- 4 artichokes
- 3 large baking potatoes thinly sliced
- 1 bay leaf
- 0.3 cup bread crumbs fresh
- 2 tablespoons butter cold
- 2 carrots coarsely chopped
- 2 stalk celery coarsely chopped

- 4 cups chicken stock see
- 1 cup cooking wine dry white
- 2 tablespoons thyme leaves fresh finely chopped
- 3 sprigs thyme leaves fresh
- 1.3 cups heavy cream
- 4 lamb chops thick
- 1 optional: lemon quartered
- 2 tablespoons olive oil
- 1 large onion chopped
- 1 onion spanish coarsely chopped
- 0.3 cup parmigiano reggiano freshly grated
- 4 servings parsley chopped for garnish
- 1 cup port
- 1 cup red wine
- 4 servings salt and pepper freshly ground
- 4 thyme sprigs fresh chopped for garnish

## Equipment

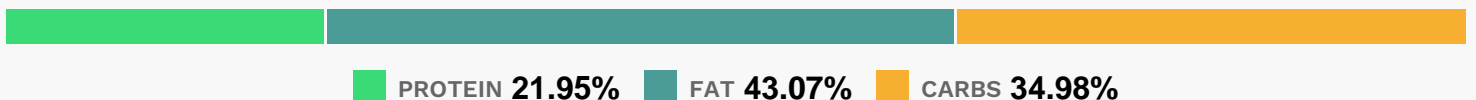
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- pot
- baking pan
- dutch oven

## Directions

- Preheat oven to 350 degrees F.

- Heat olive oil in a large Dutch oven and sear lamb chops until golden brown on both sides.
- Remove to a plate.
- Add onions, carrots, and celery to the pan and cook until the vegetables are golden brown.
- Add red wine and port and cook until almost reduced.
- Add the chops back to the pot, add the stock, bay leaf, thyme, and bring the stock to a boil. Cover the pot, place the pot in the oven, and cook for about 2 hours or until fork tender.
- Remove the lamb to a plate, strain into a clean small pot, and cook until reduced to a sauce consistency. Swirl in butter and season with salt and pepper, to taste.
- Place a square of Potato-Artichoke Gratin on a large plate, top with a lamb chop and ladle some of the sauce over and around.
- Garnish with a sprig of fresh thyme and chopped parsley.
- Place the artichokes, onion, lemon, wine and water to cover in a medium saucepan, cover with a clean dish cloth and simmer over medium-high heat until the artichokes are tender, about 20 to 30 minutes.
- Drain the artichokes and when cool enough to handle, cut off the top half, trim leaves, remove choke, and remove heart. Slice heart into thin slices.
- Preheat oven to 375 degrees F.
- Butter a 8 x 8-inch baking dish and place a layer of potatoes on the bottom, place 1/4 of the artichoke hearts over the potatoes, season with salt and pepper, drizzle with 1/4 cup of the cream and some of the thyme. Repeat to make 5 layers ending with a layer of potatoes.
- Combine the cheese and bread crumbs and sprinkle over the top.
- Place on a baking sheet and bake for 35 to 40 minutes or until the potatoes are cooked through and the top is golden brown and bubbly.
- Let rest 10 minutes before cutting.

## Nutrition Facts



## Properties

Glycemic Index:137.27, Glycemic Load:45.08, Inflammation Score:-10, Nutrition Score:61.509999855705%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 5.17mg, Petunidin: 5.17mg, Petunidin: 5.17mg, Petunidin: 5.17mg Delphinidin: 3.55mg, Delphinidin: 3.55mg, Delphinidin: 3.55mg, Delphinidin: 3.55mg Malvidin: 65.24mg, Malvidin: 65.24mg, Malvidin: 65.24mg, Malvidin: 65.24mg Peonidin: 3.11mg, Peonidin: 3.11mg, Peonidin: 3.11mg, Peonidin: 3.11mg Catechin: 10.66mg, Catechin: 10.66mg, Catechin: 10.66mg, Catechin: 10.66mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg, Epicatechin: 7.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 8.15mg, Hesperetin: 8.15mg, Hesperetin: 8.15mg, Hesperetin: 8.15mg Naringenin: 17.44mg, Naringenin: 17.44mg, Naringenin: 17.44mg, Naringenin: 17.44mg Apigenin: 18.98mg, Apigenin: 18.98mg, Apigenin: 18.98mg, Apigenin: 18.98mg Luteolin: 6.17mg, Luteolin: 6.17mg, Luteolin: 6.17mg, Luteolin: 6.17mg Isorhamnetin: 3.27mg, Isorhamnetin: 3.27mg, Isorhamnetin: 3.27mg, Isorhamnetin: 3.27mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 15.47mg, Quercetin: 15.47mg, Quercetin: 15.47mg, Quercetin: 15.47mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 1317.9kcal (65.89%), Fat: 56.97g (87.64%), Saturated Fat: 28.53g (178.32%), Carbohydrates: 104.11g (34.7%), Net Carbohydrates: 89.39g (32.51%), Sugar: 20.21g (22.46%), Cholesterol: 239.15mg (79.72%), Sodium: 1039.47mg (45.19%), Alcohol: 21.72g (100%), Alcohol %: 2.24% (100%), Protein: 65.32g (130.64%), Vitamin A: 7125.17IU (142.5%), Vitamin B6: 2.23mg (111.44%), Vitamin K: 108.27µg (103.11%), Vitamin B3: 18.11mg (90.57%), Phosphorus: 866.68mg (86.67%), Potassium: 3016.7mg (86.19%), Vitamin B12: 5.06µg (84.27%), Vitamin C: 66.95mg (81.16%), Vitamin B2: 1.32mg (77.92%), Zinc: 10.67mg (71.11%), Manganese: 1.33mg (66.25%), Magnesium: 243.94mg (60.99%), Iron: 10.96mg (60.86%), Fiber: 14.72g (58.89%), Copper: 1.13mg (56.34%), Vitamin B1: 0.78mg (51.87%), Folate: 186.63µg (46.66%), Selenium: 29.42µg (42.03%), Vitamin B5: 3.39mg (33.92%), Calcium: 338.5mg (33.85%), Vitamin E: 2.56mg (17.04%), Vitamin D: 1.22µg (8.14%)