



Braised Lamb Shanks

 **Gluten Free**  **Dairy Free**

READY IN



200 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup balsamic vinegar
- 29 ounce tomatoes diced canned
- 2 cups cooking wine dry red
- 1 bunch basil fresh chopped
- 4 cloves garlic pressed
- 1 tablespoon kosher salt
- 4 lamb shanks
- 2 lemons quartered

- 0.3 cup olive oil
- 1 tablespoon cracked pepper black
- 2 large onions white chopped

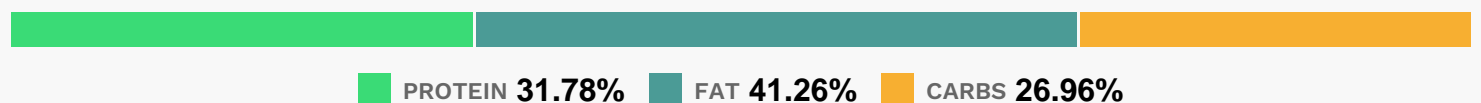
Equipment

- frying pan
- oven
- roasting pan
- dutch oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the onions in a layer in the bottom of a Dutch oven or medium roasting pan with a lid. Arrange the lamb shanks on top of the onions.
- Pour the wine, balsamic vinegar and olive oil over the lamb.
- Place a clove of pressed garlic next to each shank, and a quarter of a lemon on each side.
- Pour the tomatoes over everything, then season with salt, pepper and basil.
- Cover and place in the preheated oven. Cook for 3 hours. Use juices from the pan to make a nice flavorful gravy.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:8.35, Inflammation Score:-9, Nutrition Score:33.006956743157%

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 Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg

Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg, Isorhamnetin: 3.78mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 17.62mg, Quercetin: 17.62mg, Quercetin: 17.62mg, Quercetin: 17.62mg

Nutrients (% of daily need)

Calories: 625.52kcal (31.28%), Fat: 24.65g (37.92%), Saturated Fat: 4.78g (29.84%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 30.92g (11.25%), Sugar: 19g (21.11%), Cholesterol: 127.31mg (42.44%), Sodium: 2203.77mg (95.82%), Alcohol: 12.6g (100%), Alcohol %: 2.18% (100%), Protein: 42.72g (85.44%), Zinc: 11.55mg (77%), Vitamin B12: 4.52µg (75.34%), Vitamin C: 54.58mg (66.16%), Selenium: 45.59µg (65.12%), Vitamin B3: 11.46mg (57.29%), Phosphorus: 434.65mg (43.46%), Iron: 6.61mg (36.74%), Vitamin B6: 0.72mg (35.98%), Manganese: 0.67mg (33.4%), Potassium: 1117.49mg (31.93%), Vitamin B2: 0.52mg (30.62%), Vitamin E: 4.56mg (30.42%), Vitamin K: 27.9µg (26.57%), Magnesium: 92.84mg (23.21%), Vitamin B1: 0.34mg (22.76%), Copper: 0.45mg (22.33%), Fiber: 5.32g (21.27%), Folate: 78.93µg (19.73%), Vitamin B5: 1.79mg (17.9%), Calcium: 145.7mg (14.57%), Vitamin A: 367.83IU (7.36%)