



Braised Lamb Shanks

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings kalamata olives pitted coarsely chopped
- 4 lamb shanks
- 3 cups tomatoes
- 0.5 cup red wine

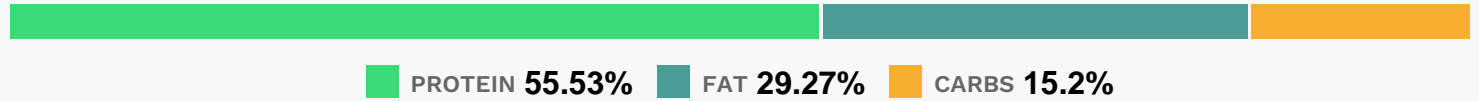
Equipment

- frying pan
- dutch oven

Directions

- Brown lamb shanks in a Dutch oven; add wine, scraping pan to loosen browned bits.
- Add marinara; bring to a boil. Cover, reduce heat, and simmer 2 hours. Stir in a handful of coarsely chopped pitted kalamata olives in the last 10 minutes.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:3.27, Inflammation Score:-8, Nutrition Score:26.862173764602%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg 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: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 320kcal (16%), Fat: 9.68g (14.89%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 7.89g (2.87%), Sugar: 6.84g (7.59%), Cholesterol: 127.31mg (42.44%), Sodium: 1329.93mg (57.82%), Alcohol: 3.18g (100%), Alcohol %: 0.96% (100%), Protein: 41.32g (82.65%), Zinc: 11.43mg (76.21%), Vitamin B12: 4.52µg (75.34%), Selenium: 45.62µg (65.18%), Vitamin B3: 11.73mg (58.66%), Phosphorus: 402.33mg (40.23%), Iron: 5.3mg (29.46%), Potassium: 1029.5mg (29.41%), Vitamin B2: 0.5mg (29.36%), Vitamin B6: 0.52mg (25.85%), Vitamin E: 3.85mg (25.67%), Copper: 0.44mg (21.99%), Magnesium: 79.49mg (19.87%), Vitamin B5: 1.89mg (18.91%), Vitamin A: 874.84IU (17.5%), Vitamin B1: 0.23mg (15.62%), Vitamin C: 12.86mg (15.59%), Folate: 58.03µg (14.51%), Manganese: 0.28mg (14.02%), Fiber: 3.42g (13.66%), Calcium: 55.13mg (5.51%), Vitamin K: 5.55µg (5.28%)