



HEALTH SCORE

83%

Braised Lamb Shanks



Gluten Free



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lamb shanks trimmed
- ☐ 4 servings salt
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 medium onion yellow chopped
- ☐ 2 large carrots chopped
- ☐ 2 celery stalks chopped
- ☐ 3 medium potatoes cut into 2-inch chunks
- ☐ 1 garlic clove minced

- ☐ 1.3 cup beef stock
- ☐ 2 teaspoons thyme leaves dried fresh
- ☐ 1 teaspoon rosemary dried fresh chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 bay leaf
- ☐ 0.8 cup raisins for a couple hours
- ☐ 0.5 cup mint leaves fresh

Equipment

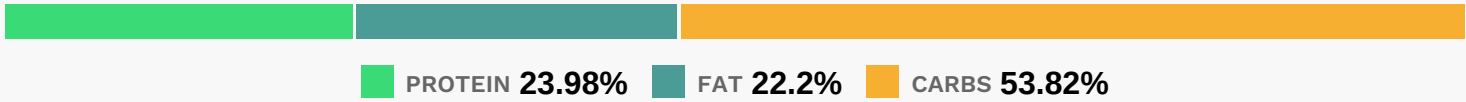
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350° F. Season lamb shanks with salt.
- ☐ Heat the oil in a Dutch oven or an oven-proof, thick-bottomed, pot with a tight fitting cover on medium high heat on the stovetop. Working in batches if necessary, brown the lamb shanks in the pot on all sides.
- ☐ Remove shanks to a dish.
- ☐ Sauté the onion, carrot, celery:
- ☐ Add onion, carrot and celery and sauté for 5 minutes, stirring often.
- ☐ Add potatoes and cook another 2 minutes.
- ☐ Add the garlic, lamb shanks, and herbs (except for the mint). If using, add the sherry and raisins; bring the sherry to a boil and cook for 2 minutes.
- ☐ Add the stock and bring to a simmer.
- ☐ Remove from heat, cover the pot and bake in the oven for 1 1/2 or 2 hours or until shanks are tender.
- ☐ Strip meat from bones:

- ☐
- Remove the shanks, strip the meat from the bones and return the meat to the pan.
- ☐
- Serve with fresh mint leaves as garnish.

Nutrition Facts



Properties

Glycemic Index:70.85, Glycemic Load:33.68, Inflammation Score:-10, Nutrition Score:29.18347827248%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 419.72kcal (20.99%), Fat: 10.63g (16.35%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 50.25g (18.27%), Sugar: 4.59g (5.1%), Cholesterol: 63.65mg (21.22%), Sodium: 462.33mg (20.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.84g (51.68%), Vitamin A: 6295.68IU (125.91%), Vitamin C: 39.46mg (47.83%), Zinc: 6.38mg (42.54%), Potassium: 1460.57mg (41.73%), Vitamin B6: 0.83mg (41.48%), Vitamin B3: 8.08mg (40.41%), Vitamin B12: 2.26µg (37.67%), Selenium: 24.02µg (34.31%), Phosphorus: 335.3mg (33.53%), Fiber: 7.74g (30.98%), Manganese: 0.57mg (28.7%), Iron: 5.13mg (28.49%), Vitamin B2: 0.4mg (23.73%), Vitamin K: 24.47µg (23.3%), Copper: 0.45mg (22.44%), Magnesium: 87.7mg (21.92%), Vitamin B1: 0.32mg (21.44%), Folate: 70.02µg (17.5%), Vitamin B5: 1.31mg (13.05%), Vitamin E: 1.63mg (10.87%), Calcium: 93.03mg (9.3%)