



Braised Lamb Shanks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce stout ale canned
- ☐ 23 ounce all-natural apricot nectar canned
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic bulbs halved
- ☐ 6 pounds lamb shanks
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 4 servings potatoes mashed

- ☐ 4 servings garnish: rosemary sprigs fresh
- ☐ 5 rosemary sprigs fresh
- ☐ 1.5 teaspoons salt

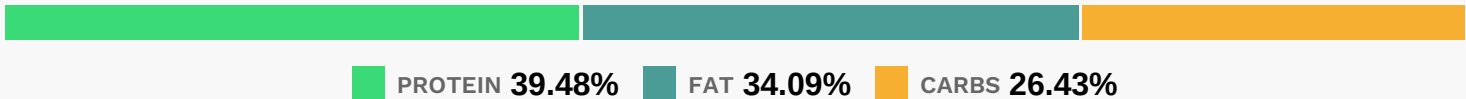
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Dredge lamb shanks in flour; brown on all sides in hot oil in a large skillet.
- ☐ Place lamb in a large roasting pan; add ale and next 5 ingredients.
- ☐ Bake, covered, at 375 for 2 hours. Uncover and bake 1 more hour. Skim fat from drippings.
- ☐ Serve lamb shanks and drippings with mashed potatoes.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Guinness Stout.

Nutrition Facts



Properties

Glycemic Index:82.81, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:37.455217434012%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 680.99kcal (34.05%), Fat: 23.67g (36.41%), Saturated Fat: 5.28g (33%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 40.36g (14.68%), Sugar: 20.93g (23.26%), Cholesterol: 192.48mg (64.16%), Sodium: 1113.6mg (48.42%), Alcohol: 6.63g (100%), Alcohol %: 1.3% (100%), Protein: 61.67g (123.33%), Vitamin B12: 6.87µg (114.48%), Zinc: 16.81mg (112.09%), Selenium: 73.5µg (105%), Vitamin B3: 16.89mg (84.44%), Vitamin C: 49.41mg (59.89%), Phosphorus: 574.65mg (57.46%), Vitamin A: 2186.41IU (43.73%), Vitamin B2: 0.71mg (41.58%), Iron: 6.17mg (34.27%), Vitamin B1: 0.51mg (34.2%), Vitamin B6: 0.65mg (32.39%), Folate: 103.72µg (25.93%), Potassium: 856.16mg (24.46%), Magnesium: 93.95mg (23.49%), Vitamin B5: 2.3mg (23.01%), Vitamin E: 3.3mg (21.97%), Copper: 0.38mg (19%), Manganese: 0.31mg (15.69%), Vitamin K: 10.58µg (10.08%), Calcium: 62.04mg (6.2%), Fiber: 0.92g (3.68%)