



Braised Lamb Shanks in Orange Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp basil finely minced
- ☐ 4 garlic cloves minced
- ☐ 2 servings ground pepper fresh black
- ☐ 1 juice of orange (can use the juice of 2 oranges)
- ☐ 2 lamb shanks
- ☐ 2.5 cups merlot
- ☐ 2 Tbsp olive oil
- ☐ 1 orange zest whole

- ☐ 2 tsp oregano finely minced
- ☐ 2 tsp rosemary finely minced
- ☐ 2 servings salt

Equipment

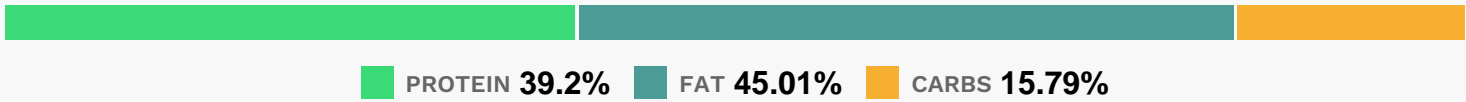
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Combine the basil, oregano, rosemary, orange juice, orange zest, Merlot and garlic and pour over the rinsed lamb shanks in a wide glass dish. Shanks should be in a single layer. Turn the shanks to coat and cover. Marinate two hours at room temperature, turning the meat every half hour, or marinate in the refrigerator, turning meat occasionally.
- ☐ Remove the shanks from the marinade and dry them with paper towels. Reserve the marinade. Preheat the oven to 450. Season the lamb with a pinch of salt and freshly ground black pepper.
- ☐ Heat a large skillet over high heat for 20 seconds.
- ☐ Add the olive oil and heat for 10 seconds, then lower the heat to medium-high and add the lamb shanks. Cook each side for approximately two minutes until browned on all sides.
- ☐ Place shanks in a single layer in a casserole dish and pour the chicken stock into the hot pan. Scrape up any meat particles, add them to the reserved marinade and pour over the shanks in the casserole and cover with a lid (use foil if no lid). Put casserole in the preheated oven and immediately reduce the heat to 35
- ☐ The hot oven will sear the meat initially, but the mixture needs to cook at a lower temperature or the meat will toughen. Roast for 45 minutes, then baste and cook for another hour to 90 minutes or until the meat is very tender and easily pulls away from the bone. If the liquid has reduced greatly, add 1/2 cup of water to the pan.
- ☐ Remove the shanks to a serving platter and keep warm. If the gravy is too watery, boil the liquid down five to 10 minutes, or until it is the consistency of tomato sauce.

Drizzle some of the sauce over the shanks and serve.

Nutrition Facts



Properties

Glycemic Index:137, Glycemic Load:3.49, Inflammation Score:-9, Nutrition Score:28.736956637839%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 627.72kcal (31.39%), Fat: 20.45g (31.46%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 13.98g (5.08%), Sugar: 4.49g (4.99%), Cholesterol: 127.31mg (42.44%), Sodium: 354.27mg (15.4%), Alcohol: 31.27g (100%), Alcohol %: 7.32% (100%), Protein: 40.07g (80.15%), Zinc: 11.6mg (77.3%), Vitamin B12: 4.52µg (75.34%), Selenium: 45.96µg (65.66%), Vitamin B3: 10.79mg (53.94%), Phosphorus: 433.19mg (43.32%), Manganese: 0.69mg (34.33%), Iron: 6.04mg (33.53%), Vitamin C: 26.17mg (31.72%), Vitamin B6: 0.62mg (31.09%), Vitamin B2: 0.5mg (29.28%), Potassium: 950.24mg (27.15%), Vitamin K: 28.21µg (26.87%), Magnesium: 96.6mg (24.15%), Vitamin E: 2.84mg (18.91%), Vitamin B1: 0.26mg (17.04%), Folate: 63.85µg (15.96%), Vitamin B5: 1.54mg (15.43%), Copper: 0.3mg (14.87%), Calcium: 112.37mg (11.24%), Fiber: 2.16g (8.62%), Vitamin A: 259.94IU (5.2%)