



HEALTH SCORE

62%

Braised Lamb Shanks on Soft Polenta with Bay Leaves



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup the following: parmesan rind) dried



1 cup wine dry red (such as Barolo)



6 pound lamb shanks



8 cups chicken broth



6 tablespoons olive oil extra virgin extra-virgin



2 cups onion finely chopped



2 large cranberry-orange relish

- ☐ 6 servings bay leaves with bay leaves soft
- ☐ 2 large rosemary leaves fresh
- ☐ 0.3 cup tomato paste
- ☐ 4 turkish bay leaf
- ☐ 2 cups water hot

Equipment

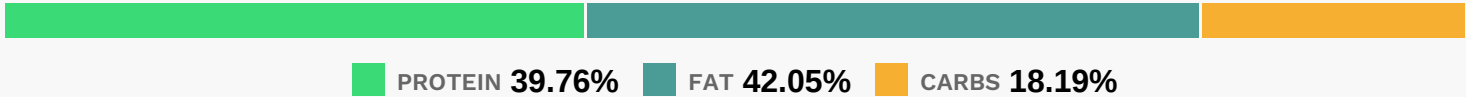
- ☐ bowl
- ☐ pot
- ☐ slotted spoon
- ☐ peeler
- ☐ cheesecloth

Directions

- ☐ Combine 2 cups hot water and mushrooms in small bowl.
- ☐ Let stand until mushrooms soften, about 30 minutes.
- ☐ Using vegetable peeler, remove peel (orange part only) from oranges in long strips. Squeeze juice from oranges; reserve peel and juice. Tie bay leaves, rosemary sprigs, and cloves in square of moistened cheesecloth.
- ☐ Heat 4 tablespoons olive oil in wide pot over medium-high heat.
- ☐ Add onions; sauté until golden, about 12 minutes. Using slotted spoon, transfer onions to small bowl.
- ☐ Add 2 tablespoons oil to pot.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Add 3 lamb shanks to pot. Sauté until brown on all sides, about 10 minutes.
- ☐ Transfer to plate. Repeat with remaining shanks. Return onions to pot. Using slotted spoon, add mushrooms, then mushroom soaking liquid, leaving any sediment in bowl.
- ☐ Add orange peel and juice, herb bundle, wine, and tomato paste. Boil 5 minutes, scraping up browned bits.
- ☐ Return lamb to pot, arranging in single layer.

- ☐
- Add broth; bring to boil. Reduce heat to medium-low. Cover; simmer 30 minutes. Partially uncover pot. Simmer until lamb is tender, turning every 15 minutes, about 1 1/2 hours longer.
- ☐
- Transfer lamb to bowl. Tilt pot and spoon fat off top of sauce. Boil until sauce is thick enough to coat spoon lightly and is reduced to 5 cups, about 35 minutes. Discard herb bundle and orange peel. Season sauce to taste with salt and pepper. Return lamb to pot, spooning sauce over to coat. (Can be made 1 day ahead. Refrigerate lamb, uncovered, until cold, then cover and keep refrigerated. Rewarm over low heat before continuing.)
- ☐
- Spoon polenta onto large platter. Arrange lamb atop polenta. Spoon sauce over lamb and serve.
- ☐
- *Dried porcini mushrooms are available at Italian markets, specialty foods stores, and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:30.232173976691%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg, Hesperetin: 16.71mg Naringenin: 9.48mg, Naringenin: 9.48mg, Naringenin: 9.48mg, Naringenin: 9.48mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 500.27kcal (25.01%), Fat: 22.32g (34.33%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 18.3g (6.66%), Sugar: 9.79g (10.87%), Cholesterol: 128.32mg (42.77%), Sodium: 334.55mg (14.55%), Alcohol: 4.2g (100%), Alcohol %: 0.7% (100%), Protein: 47.47g (94.95%), Vitamin B12: 4.87µg (81.18%), Zinc: 11.81mg (78.74%), Vitamin B3: 15.11mg (75.55%), Selenium: 46.89µg (66.99%), Phosphorus: 483.57mg (48.36%), Vitamin C: 39.62mg (48.02%), Vitamin B2: 0.56mg (32.74%), Potassium: 1054.75mg (30.14%), Copper: 0.59mg (29.5%), Iron: 5.09mg (28.27%), Vitamin B6: 0.51mg (25.71%), Vitamin B5: 2.07mg (20.68%), Vitamin E: 3.05mg

(20.35%), Folate: 76.84µg (19.21%), Vitamin B1: 0.28mg (18.51%), Magnesium: 71.14mg (17.79%), Manganese: 0.28mg (13.97%), Fiber: 3.42g (13.69%), Vitamin K: 9.89µg (9.42%), Calcium: 82.77mg (8.28%), Vitamin A: 381.27IU (7.63%)