



Braised Lamb Shanks with Orange and Olives

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup wine dry white
- 1 ounce flour all-purpose
- 1 tablespoon thyme sprigs fresh minced
- 6 garlic clove crushed peeled
- 4 kalamata olives pitted quartered
- 0.5 teaspoon kosher salt
- 72 ounce lamb shanks trimmed

- 4 cups less-sodium beef broth fat-free
- 1 tablespoon olive oil
- 0.5 cup orange juice fresh (2 oranges)
- 1 tablespoon orange zest grated
- 1 tablespoon tomato paste

Equipment

- frying pan
- oven
- ziploc bags
- dutch oven

Directions

- Preheat oven to 35
- Heat oil in a large Dutch oven over medium-high heat.
- Sprinkle lamb with salt and pepper.
- Place flour in a shallow dish. Dredge lamb in flour, turning to coat; shake off excess flour.
- Add 2 shanks to pan; cook for 2 1/2 minutes on each side or until browned.
- Remove from pan. Repeat procedure twice with remaining lamb shanks.
- Add garlic to pan; saut for 1 minute.
- Add orange juice, scraping pan to loosen browned bits. Stir in wine; bring to a boil. Cook 3 minutes. Stir in beef broth, thyme, and tomato paste; return to a boil.
- Remove from heat.
- Add lamb to pan; cover and bake at 350 for 2 hours. Stir in rind and olives; bake an additional 30 minutes or until lamb is very tender.
- Place lamb on a platter; keep warm.
- Place a large zip-top plastic bag inside a 4-cup glass measure.
- Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.

- Drain cooking liquid and olives into pan, stopping before fat layer reaches opening; discard fat. Bring cooking liquid to a boil over medium-high heat; cook until reduced to 2 cups (about 20 minutes).

Nutrition Facts

PROTEIN **56.74%** FAT **28.77%** CARBS **14.49%**

Properties

Glycemic Index:49, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:17.743043547091%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 253.78kcal (12.69%), Fat: 7.47g (11.49%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 7.74g (2.82%), Sugar: 2.31g (2.57%), Cholesterol: 96.24mg (32.08%), Sodium: 661.98mg (28.78%), Alcohol: 2.06g (100%), Alcohol %: 0.73% (100%), Protein: 33.14g (66.29%), Vitamin B12: 3.42µg (56.95%), Zinc: 8.44mg (56.29%), Selenium: 35.72µg (51.03%), Vitamin B3: 7.93mg (39.65%), Phosphorus: 281.53mg (28.15%), Potassium: 761.74mg (21.76%), Vitamin B2: 0.33mg (19.15%), Vitamin C: 15.08mg (18.28%), Iron: 3.19mg (17.72%), Vitamin B6: 0.31mg (15.37%), Vitamin B1: 0.21mg (13.75%), Folate: 47.06µg (11.77%), Magnesium: 44.58mg (11.15%), Vitamin B5: 1.09mg (10.92%), Copper: 0.2mg (9.96%), Manganese: 0.18mg (9.07%), Vitamin E: 0.9mg (6.03%), Calcium: 31.96mg (3.2%), Vitamin A: 152.83IU (3.06%), Fiber: 0.72g (2.88%), Vitamin K: 2.05µg (1.95%)