



## Braised Lamb Shanks with Parsley-Mint Gremolata

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup carrots chopped ( 2 large)
- 2 cups wine dry red
- 0.8 cup fat-skimmed beef broth fat-free
- 0.3 cup parsley fresh finely chopped
- 2 tablespoons mint leaves fresh finely chopped
- 1 teaspoon rosemary leaves fresh minced

- 1 tablespoon thyme sprigs fresh minced
- 1 tablespoon garlic minced
- 3 garlic clove minced
- 48 ounce lamb shanks
- 1 tablespoon lemon zest grated
- 0.8 cup less-sodium beef broth fat-free
- 1 tablespoon olive oil
- 2 cups onion chopped ( 1 large)
- 1 teaspoon salt

## Equipment

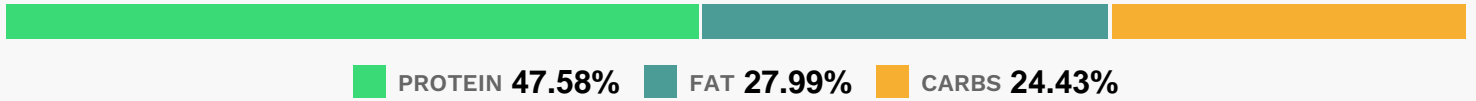
- bowl
- frying pan
- ziploc bags
- slotted spoon
- dutch oven

## Directions

- To prepare lamb, combine the first 4 ingredients; set aside 1 teaspoon herb mixture. Rub lamb evenly with remaining herb mixture.
- Heat oil in a large Dutch oven over medium heat.
- Add lamb to pan; cook 2 minutes on each side or until browned.
- Remove lamb from pan; keep warm.
- Add onion, carrot, and garlic to pan; cook 5 minutes or until lightly browned and tender, stirring occasionally.
- Add wine and reserved 1 teaspoon herb mixture; bring to a boil. Cook until mixture is reduced to 2 cups (about 6 minutes).
- Add broths; bring to a boil. Cook until mixture is reduced to 1 3/4 cups (about 5 minutes). Return lamb to pan; cover, reduce heat, and simmer 2 1/2 hours or until lamb is tender, turning shanks occasionally.

- To prepare gremolata, combine parsley and remaining ingredients.
- Remove lamb and vegetables from pan with a slotted spoon; keep warm.
- Place a large zip-top plastic bag inside an 8-cup glass measure or bowl.
- Pour broth mixture into bag; let stand 10 minutes (fat will rise to the top). Seal bag, and carefully snip off 1 bottom corner of bag.
- Drain drippings into pan, stopping before fat layer reaches opening; discard fat. Bring broth mixture to a boil; cook until reduced to 2 cups and thickened (about 12 minutes). Spoon sauce over lamb and vegetables; top with gremolata.

## Nutrition Facts



### Properties

Glycemic Index:60.71, Glycemic Load:3.21, Inflammation Score:-10, Nutrition Score:27.247826161592%

### Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg, Apigenin: 8.27mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 17.09mg, Quercetin: 17.09mg, Quercetin: 17.09mg, Quercetin: 17.09mg

### Nutrients (% of daily need)

Calories: 360.12kcal (18.01%), Fat: 8.44g (12.98%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 13.43g (4.88%), Sugar: 5.11g (5.68%), Cholesterol: 96.24mg (32.08%), Sodium: 977.39mg (42.5%), Alcohol: 12.6g (100%), Alcohol %: 3.34% (100%), Protein: 32.27g (64.53%), Vitamin A: 5855.99IU (117.12%), Vitamin K: 68.63µg (65.36%), Vitamin B12: 3.5µg (58.37%), Zinc: 8.68mg (57.85%), Selenium: 35.47µg (50.68%), Vitamin B3: 8.21mg (41.07%), Phosphorus: 312.86mg (31.29%), Vitamin C: 19.66mg (23.83%), Vitamin B6: 0.45mg (22.6%), Vitamin B2: 0.35mg (20.76%), Potassium: 721.28mg (20.61%), Iron: 3.62mg (20.11%), Manganese: 0.36mg (17.86%), Folate: 62.12µg (15.53%), Vitamin B1: 0.22mg (14.41%), Magnesium: 55.56mg (13.89%), Vitamin B5: 1.29mg (12.92%), Fiber: 3.14g (12.56%), Copper: 0.25mg (12.36%), Vitamin E: 1.1mg (7.36%), Calcium: 72.84mg (7.28%)