



Braised Lamb Shanks with Rosemary Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black divided freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup carrots diced
- 0.5 cup celery diced
- 0.5 teaspoon cornstarch
- 0.8 cup cooking wine dry red
- 4 cups less-sodium chicken broth fat-free

- 1 tablespoon rosemary fresh chopped
- 1 teaspoon rosemary fresh chopped
- 2 garlic cloves minced
- 1 cup ground cornmeal yellow finely
- 4.5 pound lamb shanks trimmed
- 14 ounce less-sodium beef broth canned
- 2 cups onion diced
- 1 ounce parmesan cheese fresh grated
- 0.5 teaspoon salt divided
- 1 teaspoon water

Equipment

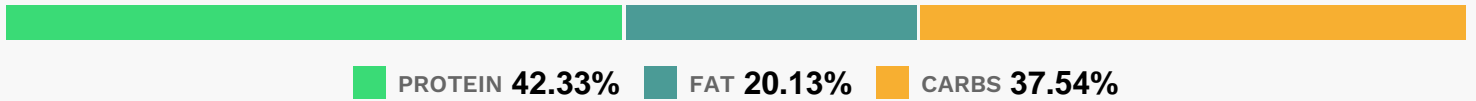
- bowl
- frying pan
- sauce pan
- oven
- whisk
- dutch oven

Directions

- Preheat oven to 30
- To prepare lamb, sprinkle lamb evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat a large, wide Dutch oven over medium-high heat.
- Add lamb, and cook for 12 minutes, browning on all sides.
- Remove lamb from pan.
- Add onion, carrot, and celery to pan; saut 8 minutes or until lightly browned.
- Add garlic, and saut 1 minute.
- Add red wine; bring to a boil. Cook 2 minutes or until most of liquid evaporates. Return lamb to pan; stir in tomatoes, beef broth, and 1 tablespoon of chopped rosemary. Bring to a boil.

- Cover Dutch oven; place in oven.
- Bake at 300 for 2 hours or until lamb is tender.
- Remove lamb from pan; set aside and keep warm.
- Add remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper to pan; bring to a boil over high heat. Cook until sauce is reduced to about 3 1/2 cups (about 30 minutes), stirring frequently.
- Combine water and cornstarch in a small bowl, stirring with a whisk.
- Add cornstarch mixture to pan; cook 30 seconds or until sauce thickens, stirring constantly.
- To prepare polenta, bring chicken broth, 1 teaspoon rosemary, and 1/4 teaspoon pepper to a boil in a large saucepan. Gradually add cornmeal, stirring constantly with a whisk. Reduce heat to medium; cook 4 minutes or until thick, stirring constantly.
- Remove from heat, and stir in cheese.
- Serve immediately with lamb and sauce.

Nutrition Facts



Properties

Glycemic Index:55.56, Glycemic Load:14.91, Inflammation Score:-10, Nutrition Score:28.549999989893%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg, Quercetin: 11.1mg

Nutrients (% of daily need)

Calories: 379.14kcal (18.96%), Fat: 7.97g (12.26%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 27.88g (10.14%), Sugar: 7.09g (7.88%), Cholesterol: 99.45mg (33.15%), Sodium: 1235.35mg (53.71%), Alcohol: 3.15g (100%), Alcohol %: 0.7% (100%), Protein: 37.71g (75.43%), Vitamin A: 3798.7IU (75.97%),

Zinc: 9.64mg (64.25%), Vitamin B12: 3.78µg (62.94%), Selenium: 40.35µg (57.64%), Vitamin B3: 10.07mg (50.33%), Phosphorus: 418.94mg (41.89%), Vitamin B6: 0.64mg (31.78%), Potassium: 976.41mg (27.9%), Iron: 4.69mg (26.06%), Manganese: 0.51mg (25.34%), Vitamin B2: 0.42mg (24.73%), Magnesium: 90.35mg (22.59%), Fiber: 5.57g (22.27%), Vitamin B1: 0.33mg (21.71%), Copper: 0.41mg (20.64%), Folate: 68.12µg (17.03%), Vitamin B5: 1.7mg (16.98%), Vitamin C: 12.16mg (14.74%), Calcium: 126.28mg (12.63%), Vitamin E: 1.48mg (9.85%), Vitamin K: 9.69µg (9.22%)