



HEALTH SCORE

100%

## Braised Lamb Shanks with Swiss Chard



Dairy Free



Very Healthy

READY IN



225 min.

SERVINGS



6

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup all purpose flour
- ☐ 14 ounces beef broth
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 4 cups bulgur prepared
- ☐ 6 large garlic cloves chopped
- ☐ 0.3 cup golden raisins
- ☐ 12 green onions divided chopped
- ☐ 1.8 teaspoons ground cardamom divided

- ☐ 2 teaspoons ground cinnamon divided
- ☐ 1 pinch of ground cloves
- ☐ 6 pound lamb shanks
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 pounds swiss chard ( 2 bunches)
- ☐ 1 tablespoon tomato paste

## Equipment

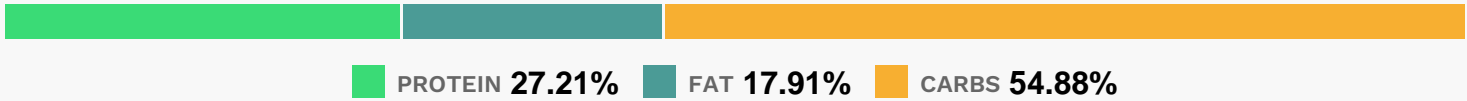
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ pie form

## Directions

- ☐ Preheat oven to 325°F.
- ☐ Whisk flour, 1 teaspoon cinnamon, 1 teaspoon cardamom, 1 teaspoon salt, and 1 teaspoon freshly ground black pepper in pie dish to blend. Working with 1 lamb shank at a time, coat shanks in seasoned flour.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add 3 lamb shanks. Sauté until brown, turning occasionally, 8 to 10 minutes.
- ☐ Transfer lamb to large roasting pan. Repeat with remaining 3 lamb shanks.
- ☐ Add half of green onions to same skillet. Reduce heat to low; stir 2 minutes.
- ☐ Add garlic; stir 30 seconds.

- ☐ Add tomatoes with juice, broth, raisins, tomato paste, remaining 1 teaspoon cinnamon, 3/4 teaspoon cardamom, saffron, and cloves. Increase heat and bring to boil, scraping up browned bits.
- ☐ Pour broth mixture over lamb.
- ☐ Cover roasting pan with foil; place in oven. Braise lamb until tender, turning every 30 minutes, about 2 1/2 hours.
- ☐ Transfer lamb to large rimmed baking sheet. Set pan aside.
- ☐ Meanwhile, cut center rib (including stem portion) from each chard leaf.
- ☐ Cut chard ribs crosswise into 1/2-inch-wide pieces. Stack several leaf halves at a time and cut crosswise into 1-inch-wide strips.
- ☐ Tilt roasting pan and spoon off all fat from top of sauce that pools at lower end. Set roasting pan over 2 burners.
- ☐ Add chard ribs and remaining green onions and bring to boil over medium-high heat. Return lamb to roasting pan. Cover and return to oven. Braise until chard ribs are tender, about 20 minutes. Uncover; mix chard leaves into pan juices. Return pan to oven and roast uncovered until chard softens, stirring occasionally, about 5 minutes.
- ☐ Transfer lamb to rimmed platter. Season chard mixture in pan to taste with salt and pepper. Spoon chard mixture over lamb.
- ☐ Sprinkle with parsley; serve with bulgur.
- ☐ Ingredient Info.
- ☐ Bulgur is available at some supermarkets and at natural foods stores.

## Nutrition Facts



## Properties

Glycemic Index:71.61, Glycemic Load:48.3, Inflammation Score:-10, Nutrition Score:57.349130464637%

## Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg,

Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 849.52kcal (42.48%), Fat: 17.4g (26.77%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 119.98g (39.99%), Net Carbohydrates: 94.36g (34.31%), Sugar: 5.91g (6.57%), Cholesterol: 128.32mg (42.77%), Sodium: 603.01mg (26.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.5g (118.99%), Vitamin K: 726.73µg (692.13%), Manganese: 4.58mg (228.92%), Vitamin A: 5127.37IU (102.55%), Fiber: 25.62g (102.48%), Zinc: 14.07mg (93.82%), Vitamin B3: 18.47mg (92.37%), Magnesium: 324.45mg (81.11%), Selenium: 56.41µg (80.58%), Phosphorus: 803.22mg (80.32%), Vitamin B12: 4.6µg (76.71%), Iron: 9.69mg (53.85%), Vitamin B1: 0.69mg (45.82%), Vitamin B6: 0.9mg (45.18%), Vitamin B2: 0.74mg (43.43%), Copper: 0.84mg (42.17%), Potassium: 1456.72mg (41.62%), Vitamin C: 32.38mg (39.25%), Folate: 143.51µg (35.88%), Vitamin B5: 2.88mg (28.83%), Vitamin E: 3.55mg (23.66%), Calcium: 144.29mg (14.43%)