



Braised Lamb with Lemon and Rosemary Beans

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup carrots chopped
- 2 cups .5 can cannellini beans dried
- 0.5 cup cooking wine dry white
- 1 sprig rosemary fresh
- 1 tablespoon rosemary fresh chopped
- 3 sprigs thyme leaves fresh
- 3 garlic cloves minced

- 2.5 pounds lamb shanks
- 3 tablespoons juice of lemon fresh
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 6 cups water

Equipment

- frying pan
- oven
- dutch oven

Directions

- Sort and wash beans; drain well, and set aside.
- Place a 6-quart ovenproof Dutch oven over medium heat until hot. Coat lamb shanks with cooking spray; add to pan, and cook 12 minutes or until brown on all sides, turning often.
- Remove shanks from pan; set aside, and keep warm.
- Preheat oven to 35
- Add onion and carrot to pan; cook 5 minutes, stirring constantly.
- Add wine, and bring to a boil, stirring constantly. Reduce heat, and simmer, uncovered, 2 minutes.
- Add beans, lamb shanks, water, thyme, and rosemary sprig. Bring to a boil.
- Transfer to oven, and bake, covered, at 350 for 2 hours or until beans are done and meat is tender. Stir in chopped rosemary and next 3 ingredients. Cover and bake 30 additional minutes.
- Remove meat from bones, and return to pan; stir in lemon juice. Cook over medium-high heat until slightly thickened.
- Serve immediately.

Nutrition Facts



■ PROTEIN 37.83% ■ FAT 8.45% ■ CARBS 53.72%

Properties

Glycemic Index:27.98, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:26.309999766557%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 305.23kcal (15.26%), Fat: 2.78g (4.28%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 30.08g (10.94%), Sugar: 3.18g (3.53%), Cholesterol: 45.83mg (15.28%), Sodium: 415.72mg (18.07%), Alcohol: 1.77g (100%), Alcohol %: 0.57% (100%), Protein: 28.03g (56.05%), Folate: 247.53µg (61.88%), Manganese: 1.17mg (58.66%), Vitamin A: 2321.98IU (46.44%), Iron: 7.49mg (41.6%), Zinc: 6.21mg (41.43%), Fiber: 9.73g (38.92%), Potassium: 1301.17mg (37.18%), Copper: 0.7mg (34.94%), Magnesium: 135.85mg (33.96%), Selenium: 23.67µg (33.81%), Phosphorus: 315.8mg (31.58%), Vitamin B12: 1.63µg (27.12%), Vitamin B1: 0.34mg (22.91%), Vitamin B3: 4.01mg (20.05%), Vitamin B6: 0.37mg (18.66%), Calcium: 168.14mg (16.81%), Vitamin B2: 0.24mg (14.05%), Vitamin B5: 0.99mg (9.9%), Vitamin C: 6.14mg (7.44%), Vitamin K: 5.46µg (5.2%), Vitamin E: 0.39mg (2.59%)