



HEALTH SCORE

62%

Braised Veal Shank with Marjoram: Stinco di Vitello



Gluten Free



Dairy Free



Very Healthy

READY IN



170 min.

SERVINGS



4

CALORIES



528 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 fillet anchovy dried rinsed
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 carrots chopped
- ☐ 1 rib celery chopped
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.3 cup olive oil extra virgin

- ☐ 6 tablespoons olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 2 bunches marjoram
- ☐ 1 onion spanish chopped
- ☐ 1 medium onion red chopped
- ☐ 6 sage leaves
- ☐ 4 servings salt to taste
- ☐ 1 large veal shin whole

Equipment

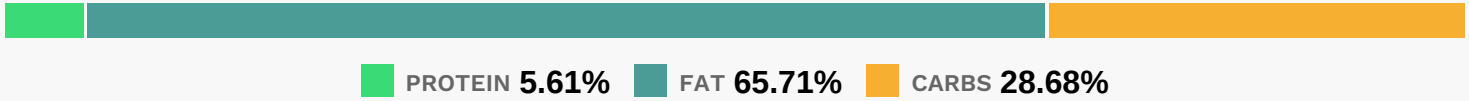
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Rinse and dry veal shanks. Season aggressively with salt and pepper.
- ☐ In a Dutch oven large enough to hold just the whole shank, heat the olive oil until just smoking.
- ☐ Place the shank in the Dutch oven and brown evenly on all sides.
- ☐ Remove the shank to a plate and place the onions, celery, carrot, sage and 1 bunch marjoram in the Dutch oven and cook until softened, about 10 minutes.
- ☐ Add the wine, tomato sauce and anchovies and bring to a boil.
- ☐ Add the shank and return to the boil. Lower the heat to a simmer, cover tightly and simmer 2 hours, or bake in a preheated 350 degree F. oven for the same amount of time, or until fork tender.
- ☐ Remove and serve with broccoli or spinach.
- ☐ Sprinkle with the remaining marjoram leaves and serve.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.

- ☐
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:67.42, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:36.186956787887%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.93mg, Apigenin: 0.93mg, Apigenin: 0.93mg, Apigenin: 0.93mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 13.32mg, Quercetin: 13.32mg, Quercetin: 13.32mg, Quercetin: 13.32mg

Nutrients (% of daily need)

Calories: 528.37kcal (26.42%), Fat: 36.34g (55.91%), Saturated Fat: 5.02g (31.38%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 24.15g (8.78%), Sugar: 14.4g (16%), Cholesterol: 2.61mg (0.87%), Sodium: 807.5mg (35.11%), Alcohol: 9.27g (100%), Alcohol %: 1.85% (100%), Protein: 6.98g (13.95%), Vitamin A: 5592.06IU (111.84%), Vitamin K: 116.58µg (111.02%), Iron: 15.94mg (88.54%), Vitamin C: 58.41mg (70.8%), Manganese: 1.35mg (67.69%), Vitamin E: 8.09mg (53.95%), Fiber: 11.54g (46.18%), Calcium: 437.56mg (43.76%), Vitamin B6: 0.8mg (40.07%), Potassium: 1240.56mg (35.44%), Copper: 0.69mg (34.29%), Magnesium: 116.21mg (29.05%), Vitamin B3: 4.46mg (22.28%), Folate: 88.14µg (22.04%), Vitamin B2: 0.34mg (20.24%), Vitamin B1: 0.27mg (18.19%), Phosphorus: 173.86mg (17.39%), Zinc: 1.48mg (9.89%), Vitamin B5: 0.73mg (7.32%), Selenium: 3.29µg (4.71%)