



WHATSheATE



Braised Veal Shanks, Milan Style



Dairy Free

READY IN



510 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds veal shanks
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 cup water

- ☐ 0.3 cup wine dry white
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon pepper

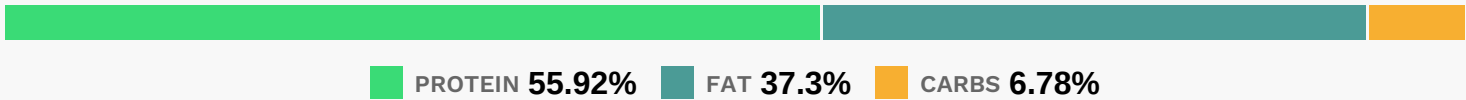
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Trim excess fat from veal shanks. Coat veal with flour.
- ☐ Heat oil in 10-inch skillet over medium heat. Cook veal in oil about 20 minutes, turning occasionally, until brown on all sides; drain.
- ☐ Place veal in 5- to 6-quart slow cooker.
- ☐ Mix remaining ingredients; pour over veal.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until veal is very tender and pulls away from bones.
- ☐ Remove veal and vegetables from cooker, using slotted spoon; place on serving platter. Skim fat from veal juices in cooker if desired.
- ☐ Pour juices over veal and vegetables.

Nutrition Facts



Properties

Glycemic Index:50.47, Glycemic Load:3.64, Inflammation Score:-9, Nutrition Score:30.286521735399%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 443.91kcal (22.2%), Fat: 17.44g (26.83%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.25g (2.27%), Sugar: 1.33g (1.48%), Cholesterol: 226.8mg (75.6%), Sodium: 658.16mg (28.62%), Alcohol: 1.37g (100%), Alcohol %: 0.46% (100%), Protein: 58.83g (117.66%), Vitamin B3: 23.03mg (115.17%), Zinc: 12.2mg (81.31%), Vitamin B6: 1.38mg (68.78%), Vitamin B12: 4.11µg (68.54%), Phosphorus: 596.52mg (59.65%), Vitamin B2: 0.86mg (50.31%), Vitamin B5: 4mg (40.04%), Selenium: 25.86µg (36.94%), Vitamin A: 1829.07IU (36.58%), Potassium: 1046.44mg (29.9%), Vitamin B1: 0.3mg (19.77%), Magnesium: 70.86mg (17.71%), Vitamin K: 18.08µg (17.21%), Folate: 62.98µg (15.74%), Iron: 2.78mg (15.43%), Copper: 0.25mg (12.67%), Calcium: 77.06mg (7.71%), Manganese: 0.15mg (7.52%), Vitamin E: 0.67mg (4.44%), Fiber: 0.89g (3.55%), Vitamin C: 2.3mg (2.79%)