



HEALTH SCORE

54%

Braised Veal Shanks with Mashed Potatoes and Tomato Onion Jus



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound onions
- ☐ 1.3 pounds plum tomatoes
- ☐ 0.5 stick butter unsalted softened
- ☐ 4 meaty crosscut veal shanks 2-inch-thick (osso buco; 1 pound each)
- ☐ 2.5 pounds yellow-fleshed potatoes such as yukon gold

Equipment

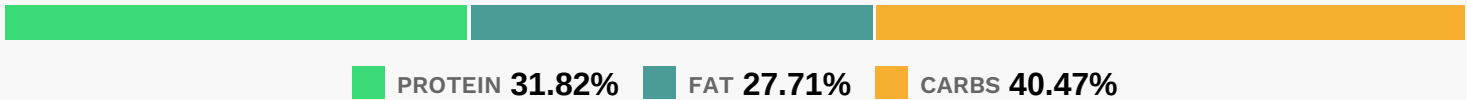
- ☐ oven

- ☐ potato masher
- ☐ slotted spoon
- ☐ colander
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 300°F.
- ☐ Cut onions into 1/4-inch-thick rings. Quarter tomatoes lengthwise. Tie each shank securely with kitchen string to keep meat attached to bone and season with salt and pepper. In an ovenproof 5- to 6-quart heavy kettle just wide enough to hold shanks in one layer toss together onions and tomatoes and season with salt and pepper.
- ☐ Add shanks and braise, covered, in middle of oven until very tender, about 3 hours.
- ☐ Peel potatoes and cut into roughly 2-inch pieces. In a 4-quart kettle cover potatoes with cold salted water by 2 inches and simmer until tender, about 25 minutes. Reserve 1/2 cup potato cooking water and drain potatoes in a colander. Return potatoes to kettle and add butter and 1/4 cup reserved cooking water. Mash potato mixture with a potato masher until smooth, adding enough of remaining cooking water to reach the desired consistency, and season with salt and pepper. Shanks and potatoes may be made up to this point 2 days ahead and cooled, uncovered, before being chilled separately, covered. Reheat shanks and potatoes before proceeding.
- ☐ Transfer shanks, onions, and tomatoes to a platter with a slotted spoon and keep warm, loosely covered. Boil braising liquid until reduced to about 1 cup, about 5 minutes. Season jus with salt and pepper.
- ☐ Serve shanks, onions, and tomatoes with mashed potatoes and jus.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:40.04, Inflammation Score:-9, Nutrition Score:42.178696015607%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 25.83mg, Quercetin: 25.83mg, Quercetin: 25.83mg, Quercetin: 25.83mg

Nutrients (% of daily need)

Calories: 645.82kcal (32.29%), Fat: 19.97g (30.73%), Saturated Fat: 9.81g (61.33%), Carbohydrates: 65.64g (21.88%), Net Carbohydrates: 55.77g (20.28%), Sugar: 10.76g (11.95%), Cholesterol: 199.87mg (66.62%), Sodium: 220.03mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.62g (103.24%), Vitamin B3: 20.82mg (104.11%), Vitamin B6: 2.07mg (103.69%), Vitamin C: 83.66mg (101.41%), Potassium: 2408.05mg (68.8%), Zinc: 10.29mg (68.57%), Phosphorus: 663.55mg (66.35%), Vitamin B12: 3.1µg (51.63%), Vitamin B2: 0.76mg (44.63%), Vitamin B5: 4.04mg (40.38%), Fiber: 9.87g (39.46%), Manganese: 0.76mg (38.13%), Magnesium: 139.88mg (34.97%), Vitamin B1: 0.51mg (34.04%), Vitamin A: 1541.68IU (30.83%), Folate: 122.49µg (30.62%), Copper: 0.6mg (30.18%), Selenium: 19.41µg (27.73%), Iron: 4.55mg (25.29%), Vitamin K: 18.03µg (17.17%), Calcium: 122.87mg (12.29%), Vitamin E: 1.14mg (7.63%), Vitamin D: 0.21µg (1.41%)