



Braised Veal Shanks with Romano Beans

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup carrots peeled chopped
- ☐ 1 cup cider vinegar
- ☐ 5 bay leaves dried
- ☐ 1 cup cooking wine dry white
- ☐ 4 cups fat-skimmed chicken broth
- ☐ 0.3 cup ginger fresh minced
- ☐ 1 tablespoon sage fresh chopped

- ☐ 0.3 cup thyme leaves fresh
- ☐ 2 tablespoons garlic minced
- ☐ 6 servings roasted grapes
- ☐ 1 teaspoon fresh-ground pepper
- ☐ 2 tablespoons kosher salt
- ☐ 1 tablespoon orange peel and lemon peel grated
- ☐ 3 tablespoons olive oil
- ☐ 2 cups onions chopped
- ☐ 1 pound romano beans rinsed cut into 1-inch pieces
- ☐ 2.5 tablespoons tomato paste
- ☐ 6 veal shanks dry rinsed fat trimmed ()

Equipment

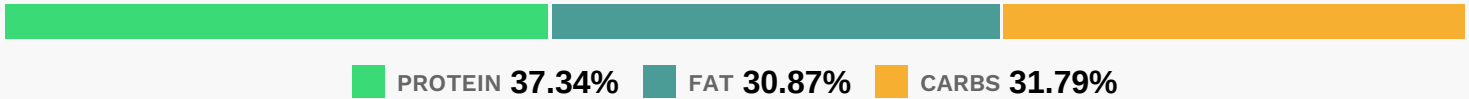
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Sprinkle shanks with kosher salt.
- ☐ Pour olive oil into a 6- to 8-quart ovenproof pan or a 13- by 16-inch roasting pan over medium-high heat. When hot, add shanks in a single layer (work in batches if necessary). Cook, turning until richly browned on two sides, 10 to 12 minutes total; transfer to a plate.
- ☐ Add wine and vinegar and bring to a boil; cook until liquid is almost evaporated, stirring to loosen browned bits, 5 to 8 minutes.
- ☐ Add vegetables, ginger, 3 tablespoons thyme, bay leaves, pepper, tomato paste, garlic, orange and lemon peels, broth, and shanks. Cover pan (with foil if using a roasting pan).

- ☐ Bake in a 325 oven until meat is very tender when pierced, 2 1/2 to 3 hours.
- ☐ Meanwhile, in a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add beans; cook until crisp-tender to bite, 1 to 2 minutes.
- ☐ Drain, place in ice water until cool, and drain again.
- ☐ With tongs, transfer shanks to a plate; cover with foil.
- ☐ Remove bay leaves and skim fat from pan. Working in batches, pure liquid and vegetables in a blender.
- ☐ Melt butter in a 10- to 12-inch pan over medium-high heat.
- ☐ Add beans, grapes, sage, and remaining thyme; stir until hot, 3 minutes.
- ☐ Place each shank in a bowl; top with sauce and bean mixture.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:14.45, Inflammation Score:-10, Nutrition Score:39.449130390001%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 541.39kcal (27.07%), Fat: 17.69g (27.22%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 35.48g (12.9%), Sugar: 26.39g (29.33%), Cholesterol: 174.52mg (58.17%), Sodium: 3242.6mg (140.98%), Alcohol: 4.12g (100%), Alcohol %: 0.68% (100%), Protein: 48.14g (96.29%), Copper: 3.54mg (177.13%), Vitamin B3: 19.08mg (95.38%), Vitamin B6: 1.42mg (70.76%), Zinc: 9.71mg (64.76%), Vitamin K: 67.67µg (64.45%), Phosphorus: 572.62mg (57.26%), Vitamin B12: 3.38µg (56.34%), Vitamin B2: 0.87mg (51.02%), Potassium: 1486.71mg (42.48%), Manganese: 0.81mg (40.33%), Vitamin B5: 3.56mg (35.59%), Selenium: 23.11µg (33.01%), Vitamin C: 26.1mg (31.64%), Vitamin B1: 0.39mg (26.19%), Magnesium: 104.03mg (26.01%), Iron: 4.49mg (24.92%),

Fiber: 5.51g (22.02%), Folate: 78.06µg (19.52%), Vitamin A: 862.63IU (17.25%), Calcium: 149.26mg (14.93%), Vitamin E: 2.02mg (13.47%)