



## Carrot Osso Buco

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



30

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups mushroom broth prepared
- 3 large very carrots
- 1 teaspoon curry powder
- 1 cup cooking wine dry red
- 0.5 cup flat-leaf parsley leaves
- 2 teaspoons juice of lemon fresh
- 1 tablespoon porcini powder dried
- 0.5 pound pearl onions red

- 30 servings salt and pepper freshly ground
- 1 tablespoon vegetable oil

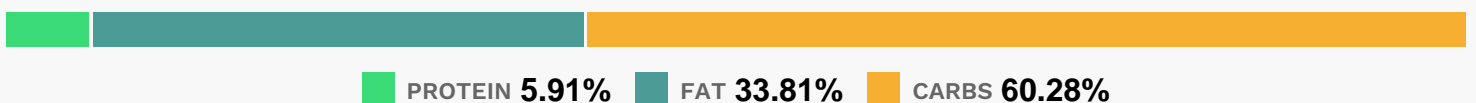
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat the oven to 35
- In a large, deep ovenproof skillet, bring 1 inch of water to a boil.
- Add the pearl onions and cook for 1 minute.
- Drain and trim the onions, then peel them. Wipe out the skillet.
- Return the skillet to the heat and add 1 tablespoon of the oil.
- Add the carrots in a single layer, season with salt and pepper and cook over moderate heat, turning, until browned, about 5 minutes per side.
- Add the pearl onions, sprinkle with the curry powder and cook, stirring a few times, until fragrant, about 1 minute.
- Add the wine and simmer over moderately high heat for 3 minutes.
- Add the porcini powder and mushroom broth and bring to a boil.
- Transfer the skillet to the oven and braise the carrots for 1 hour and 15 minutes, turning once, until tender.
- Season the sauce with salt and pepper. Spoon the carrots, onions and sauce into shallow bowls. In a bowl, toss the parsley with the lemon juice and the remaining 1 teaspoon of oil and season with salt and pepper. Scatter the parsley leaves over the carrots and serve.

## Nutrition Facts



## Properties

Glycemic Index:8.26, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:2.6986956525108%

## Flavonoids

Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 2.1mg, Malvidin: 2.1mg, Malvidin: 2.1mg, Malvidin: 2.1mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 18.07kcal (0.9%), Fat: 0.5g (0.76%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 289.06mg (12.57%), Alcohol: 0.84g (100%), Alcohol %: 2.86% (100%), Protein: 0.19g (0.39%), Vitamin A: 1312.93IU (26.26%), Vitamin K: 18.28µg (17.41%), Vitamin C: 2.45mg (2.97%), Calcium: 29.46mg (2.95%), Fiber: 0.39g (1.55%), Phosphorus: 14.32mg (1.43%), Manganese: 0.03mg (1.25%), Potassium: 41.11mg (1.17%), Folate: 4.49µg (1.12%), Vitamin B6: 0.02mg (1.04%)