



Easy Beef Osso Buco

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 pounds cross-cut beef shanks bone-in
- 1 cup beef stock unsalted
- 0.8 teaspoon pepper black
- 1 tablespoon canola oil divided
- 0.8 cup carrots chopped
- 0.8 cup celery chopped
- 2 teaspoons cornstarch

- 0.3 ounce porcini mushrooms dried chopped
- 0.5 cup cooking wine dry red
- 6 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon garlic minced
- 8 garlic cloves crushed
- 1.8 teaspoons kosher salt divided
- 1 tablespoon lemon rind grated
- 2 cups onion sliced
- 8 plum tomatoes
- 2 tablespoons tomato paste

Equipment

- frying pan
- broiler
- slow cooker

Directions

- Preheat broiler.
- Sprinkle 1/2 teaspoon salt over beef.
- Heat a large skillet over medium-high heat.
- Add 1 1/2 teaspoons oil; swirl to coat.
- Add beef; cook 4 minutes on each side or until browned.
- Add beef to a 6-quart electric slow cooker coated with cooking spray.
- Add 1 1/2 teaspoons oil to skillet; swirl.
- Add onion, celery, carrot, tomato paste, and garlic; saut 4 minutes.
- Add stock and mushrooms. Bring to a boil; cook 1 minute, scraping pan to loosen browned bits.
- Add stock mixture, wine, cornstarch, pepper, and bay leaf to slow cooker.
- Place tomatoes on a jelly-roll pan. Broil 8 minutes or until blackened.

- Place tomatoes on beef, pressing lightly to crush.
- Cover and cook on LOW 8 hours or until beef is tender.
- Remove beef from cooker.
- Remove meat from bones; discard bones. Stir meat and 1 1/4 teaspoons salt into cooker. Discard the bay leaf.
- Combine parsley, rind, and garlic.
- Sprinkle on top.

Nutrition Facts

■ **PROTEIN 49.13%**
■ **FAT 26.95%**
■ **CARBS 23.92%**

Properties

Glycemic Index:39.1, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:22.427825906354%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 6.74mg, Apigenin: 6.74mg, Apigenin: 6.74mg, Apigenin: 6.74mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 211.57kcal (10.58%), Fat: 6g (9.22%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.48g (3.45%), Sugar: 4.79g (5.32%), Cholesterol: 39.8mg (13.27%), Sodium: 687.16mg (29.88%), Alcohol: 1.58g (100%), Alcohol %: 0.7% (100%), Protein: 24.6g (49.19%), Vitamin K: 60.72µg (57.83%), Vitamin A: 2880.75IU (57.61%), Vitamin B12: 3.4µg (56.64%), Zinc: 7.53mg (50.17%), Vitamin B3: 7mg (35.02%), Vitamin B6: 0.69mg (34.44%), Selenium: 19.9µg (28.42%), Phosphorus: 264.7mg (26.47%), Vitamin C: 19.57mg (23.73%), Potassium: 809.51mg (23.13%), Vitamin B2: 0.31mg (18.38%), Iron: 3.18mg (17.67%), Manganese: 0.28mg (14.21%), Vitamin B1: 0.18mg (11.97%), Copper: 0.23mg (11.45%), Fiber: 2.5g (9.98%), Folate: 38.11µg (9.53%), Magnesium: 35.52mg (8.88%), Vitamin B5: 0.76mg (7.58%), Vitamin E: 0.96mg (6.39%), Calcium: 61.14mg (6.11%)