



Greek-Style Braised Lamb Shanks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bay leaves
- ☐ 3 oil-packed anchovies canned drained
- ☐ 1 large carrots chopped
- ☐ 2 celery stalks chopped
- ☐ 2 cinnamon sticks
- ☐ 6 large garlic clove chopped
- ☐ 0.3 teaspoon nutmeg
- ☐ 5 juniper berries

- ☐ 72 ounce lamb shanks
- ☐ 14 ounce chicken broth canned
- ☐ 14 ounce beef broth canned
- ☐ 750 ml merlot
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 2 thyme sprigs fresh
- ☐ 1 tablespoon tomato paste

Equipment

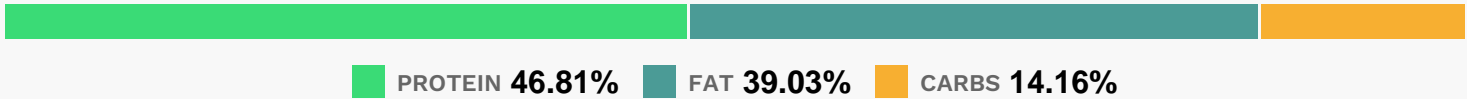
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ sieve

Directions

- ☐ Preheat oven to 325°F.
- ☐ Heat oil in large ovenproof pot (wide enough to hold lamb in single layer) over medium-high heat.
- ☐ Sprinkle lamb on all sides with salt and pepper.
- ☐ Add lamb to pot and sauté until brown, turning occasionally, about 10 minutes.
- ☐ Transfer lamb to plate.
- ☐ Add next 10 ingredients to pot. Sauté until vegetables brown, about 20 minutes.
- ☐ Mix in tomato paste.
- ☐ Add wine and all broth; boil until liquid is reduced by half, stirring occasionally, about 10 minutes. Return lamb to pot, arranging in single layer; add any accumulated juices. Bring to boil.
- ☐ Place lamb in oven and cook uncovered until tender, basting and turning occasionally, about 2 hours.

- ☐
- Transfer lamb to plate. Skim any fat from top of roasting liquid. Press all liquid and enough of vegetables through sieve set over large bowl to make sauce with gravy consistency. Return gravy to pot; add lamb. Season with salt and pepper. (Can be made 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep refrigerated.) Rewarm lamb over low heat.
- ☐
- Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:52.64, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:21.66913042833%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 377.43kcal (18.87%), Fat: 12.33g (18.97%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 8.41g (3.06%), Sugar: 2.91g (3.23%), Cholesterol: 97.94mg (32.65%), Sodium: 361.92mg (15.74%), Alcohol: 13.22g (100%), Alcohol %: 3.71% (100%), Protein: 33.27g (66.55%), Vitamin B12: 3.5µg (58.35%), Zinc: 8.74mg (58.29%), Selenium: 35.83µg (51.19%), Vitamin B3: 9.27mg (46.34%), Vitamin A: 2074.37IU (41.49%), Phosphorus: 334.28mg (33.43%), Manganese: 0.52mg (26.19%), Potassium: 814.02mg (23.26%), Vitamin B2: 0.37mg (21.69%), Iron: 3.73mg (20.75%), Vitamin B6: 0.41mg (20.65%), Magnesium: 59.26mg (14.81%), Copper: 0.25mg (12.37%), Vitamin B1: 0.18mg (11.69%), Vitamin B5: 1.14mg (11.4%), Vitamin E: 1.64mg (10.94%), Folate: 40.46µg (10.11%), Vitamin K: 7.25µg (6.9%), Fiber: 1.65g (6.59%), Calcium: 59.99mg (6%), Vitamin C: 4.72mg (5.72%)