



HEALTH SCORE

70%

Heavenly Lamb Shanks



Dairy Free



Very Healthy

READY IN



200 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



1 teaspoon peppercorns whole black



2 carrots chopped



2 stalks celery chopped



3 cups chicken stock see



0.7 cup flour all-purpose



12 cloves garlic unpeeled



4 pound lamb shanks

- ☐ 1 leek halved cut into 1/2-inch pieces
- ☐ 0.5 cup olive oil
- ☐ 2 onions cut into chunks
- ☐ 1.5 cups red wine
- ☐ 1 sprig rosemary
- ☐ 1 pinch sea salt to taste
- ☐ 1 sprig thyme leaves

Equipment

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Heat the olive oil in a heavy, metal roasting pan on the stove over medium-high heat. Toss shanks with flour to coat well; then shake off excess. Sear the shanks in hot oil until well browned on all sides, then remove from pan and set aside.
- ☐ Add the leek, celery, carrot, onion, and garlic to the roasting pan. Cook until softened and lightly browned, stirring constantly; about 5 minutes. Season with the bay leaf, peppercorns, thyme and rosemary sprigs.
- ☐ Pour in the red wine and chicken stock, increase heat to high, and bring to a simmer. Season to taste with sea salt, and place the lamb shanks on top of the vegetables.
- ☐ Cover the roasting pan tightly with heavy aluminum foil, and place into the preheated oven.
- ☐ Bake gently until the meat is tender and falls off of the bone, 2 1/2 to 3 hours.
- ☐ Remove the bay leaf and herb stems before serving shanks with vegetables and sauce.

Nutrition Facts



Properties

Glycemic Index:101.21, Glycemic Load:15.92, Inflammation Score:-10, Nutrition Score:37.166956652766%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 555.5kcal (27.77%), Fat: 14.2g (21.85%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 36.6g (13.31%), Sugar: 8.47g (9.41%), Cholesterol: 133.72mg (44.57%), Sodium: 463.62mg (20.16%), Alcohol: 9.54g (100%), Alcohol %: 1.88% (100%), Protein: 48.02g (96.04%), Vitamin A: 5585.37IU (111.71%), Selenium: 57.78µg (82.54%), Zinc: 11.93mg (79.55%), Vitamin B12: 4.56µg (75.94%), Vitamin B3: 14.75mg (73.74%), Phosphorus: 494.6mg (49.46%), Vitamin B2: 0.72mg (42.33%), Manganese: 0.85mg (42.26%), Vitamin B6: 0.78mg (38.88%), Iron: 6.15mg (34.19%), Vitamin B1: 0.5mg (33.3%), Folate: 127.32µg (31.83%), Potassium: 1088.96mg (31.11%), Vitamin K: 26.55µg (25.29%), Magnesium: 91.28mg (22.82%), Copper: 0.45mg (22.59%), Vitamin B5: 1.74mg (17.4%), Vitamin C: 12.75mg (15.46%), Fiber: 3.59g (14.37%), Vitamin E: 1.78mg (11.87%), Calcium: 99.07mg (9.91%)