



How to Make Braised Lamb Shanks



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon chipotle chile powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 4 cloves garlic sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 3 jalapeño peppers seeded sliced

- ☐ 4 lamb shanks
- ☐ 1 onion sliced
- ☐ 1 bell pepper red seeded sliced
- ☐ 1 pinch salt
- ☐ 1 teaspoon tomato paste
- ☐ 1 tablespoon vegetable oil

Equipment

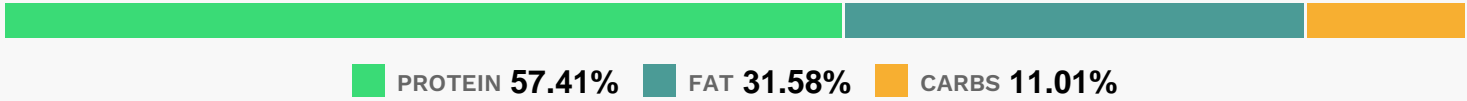
- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Generously season lamb shanks with salt and black pepper.
- ☐ Heat vegetable oil in a large Dutch oven over medium-high heat.
- ☐ Place lamb shanks in the Dutch oven, cook, turning, until browned on all sides, about 10 minutes.
- ☐ Transfer shanks to a plate.
- ☐ Drain off remaining oil and fat so only 1 tablespoon remains in the Dutch oven.
- ☐ Stir onion, garlic, and a pinch of salt into the Dutch oven; decrease heat to medium-low and cook, stirring, until onions are softened and translucent, about 5 minutes.
- ☐ Add tomato paste, chipotle chile powder, ancho chile powder, and ground cinnamon; stir to combine.
- ☐ Pour 1 cup chicken broth over onion mixture. Increase heat to high; when liquid boils, place lamb shanks in Dutch oven. Cover and cook in the preheated oven for 90 minutes.
- ☐ Remove Dutch oven and stir in jalapeno pepper, red bell pepper and 1/2 cup chicken stock; bring to a boil on the stovetop. Return pan to the oven and cook, uncovered, until lamb shanks are fork tender, about 20 minutes.

- ☐
- Transfer lamb to plate.
- ☐
- Place Dutch oven on the stovetop over high heat; bring liquid to a boil and cook, skimming off any foam, until liquid is reduced and thickened, about 5 minutes. Stir in cilantro; season with salt and pepper to taste. Spoon sauce over lamb shanks and serve.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:1.45, Inflammation Score:-8, Nutrition Score:26.457826158275%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

Nutrients (% of daily need)

Calories: 286.76kcal (14.34%), Fat: 9.84g (15.14%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.75g (4.16%), Cholesterol: 127.89mg (42.63%), Sodium: 289.13mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.25g (80.5%), Vitamin B12: 4.53µg (75.44%), Zinc: 11.21mg (74.72%), Vitamin C: 54.11mg (65.59%), Selenium: 45.23µg (64.61%), Vitamin B3: 10.46mg (52.29%), Phosphorus: 372.56mg (37.26%), Vitamin B6: 0.53mg (26.49%), Vitamin B2: 0.44mg (25.79%), Vitamin A: 1285.18IU (25.7%), Iron: 3.75mg (20.83%), Potassium: 614.59mg (17.56%), Folate: 63.38µg (15.84%), Vitamin B1: 0.23mg (15.5%), Vitamin B5: 1.5mg (15.05%), Magnesium: 56.82mg (14.2%), Vitamin K: 13.69µg (13.04%), Vitamin E: 1.87mg (12.47%), Copper: 0.25mg (12.43%), Manganese: 0.23mg (11.46%), Fiber: 2.14g (8.55%), Calcium: 37.11mg (3.71%)