



Lamb Shank Braised in White Wine with Rosemary

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cooking wine dry white
- 2 teaspoons rosemary fresh chopped for garnish
- 5 cloves garlic sliced
- 4 lamb shanks
- 3 tablespoons olive oil
- 1 small onion chopped
- 1 pinch salt and pepper black freshly ground

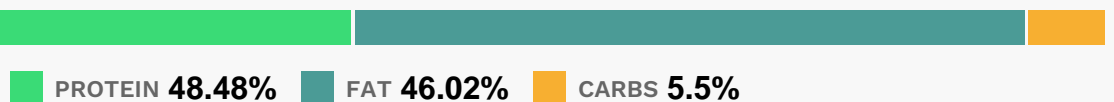
Equipment

- frying pan
- knife

Directions

- In a large frying pan, heat oil over medium-high heat.
- Add shanks to hot pan, and brown all sides; this should take about 12 minutes.
- Transfer to a plate.
- Reduce heat to medium-low, and add garlic to the pan; cook for 30 to 40 seconds. Stir in onion, and continue cooking until translucent, 6 to 8 minutes. Return shanks to the pan, and season with 2 teaspoons fresh rosemary and salt and pepper to taste.
- Pour in wine, raise heat to medium-high, and bring to a simmer. Reduce heat to low, cover tightly, and simmer until the shanks are very tender when pierced with a knife, 2 to 2 1/2 hours. Turn once or twice during cooking, and add water as necessary to maintain original level of liquid.
- Serve shanks garnished with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:20.838260880793%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 376.14kcal (18.81%), Fat: 16.61g (25.55%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 4.07g (1.48%), Sugar: 1.36g (1.51%), Cholesterol: 127.31mg (42.44%), Sodium: 150.32mg (6.54%), Alcohol: 6.18g (100%), Alcohol %: 2.83% (100%), Protein: 39.37g (78.74%), Vitamin B12: 4.52µg (75.34%), Zinc: 11.12mg (74.16%), Selenium: 44.96µg (64.23%), Vitamin B3: 9.91mg (49.55%), Phosphorus: 366.7mg (36.67%), Vitamin B2: 0.39mg (22.76%), Vitamin B6: 0.41mg (20.57%), Iron: 3.63mg (20.16%), Potassium: 521.22mg (14.89%), Vitamin B5: 1.38mg (13.82%), Magnesium: 54.9mg (13.73%), Vitamin B1: 0.2mg (13.54%), Vitamin E: 1.96mg (13.08%), Folate: 44.69µg (11.17%), Copper: 0.22mg (11.1%), Manganese: 0.2mg (10.17%), Vitamin K: 6.74µg (6.41%), Calcium: 33.19mg (3.32%), Vitamin C: 2.48mg (3%), Fiber: 0.39g (1.56%)