



Lamb Shanks Braised with Tomato

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

READY IN



150 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 29 ounce tomatoes diced with basil, garlic, and oregano canned
- 0.8 cup wine dry red
- 0.3 cup parsley fresh chopped
- 4 garlic clove minced
- 48 ounce lamb shanks trimmed
- 0.5 teaspoon salt

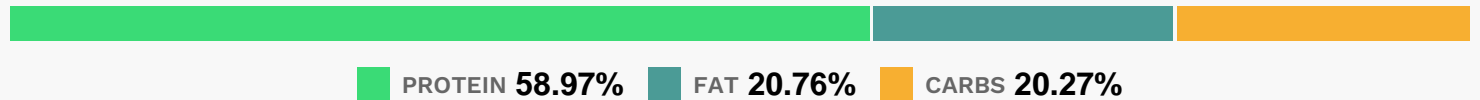
Equipment

- frying pan
- aluminum foil
- dutch oven

Directions

- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Sprinkle lamb with 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
- Add lamb to pan, and cook 4 minutes on each side or until browned.
- Remove from pan.
- Add garlic to pan; saut 15 seconds.
- Add wine; cook 2 minutes, scraping pan to loosen browned bits. Stir in tomatoes; cook 2 minutes. Return lamb to pan. Cover, reduce heat, and simmer 1 hour. Turn lamb over; simmer 1 hour or until meat is done and very tender.
- Place lamb on a plate; cover loosely with foil. Skim fat from surface of the sauce. Bring to a boil; cook 10 minutes or until thickened. Return lamb to pan; cook 4 minutes or until lamb is thoroughly heated. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:24.291304546854%

Flavonoids

Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg, Malvidin: 11.81mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 246.11kcal (12.31%), Fat: 4.91g (7.55%), Saturated Fat: 1.69g (10.59%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 8.48g (3.08%), Sugar: 4.96g (5.51%), Cholesterol: 96.24mg (32.08%), Sodium: 697.45mg (30.32%), Alcohol: 4.72g (100%), Alcohol %: 1.51% (100%), Protein: 31.37g (62.73%), Vitamin K: 67.92µg (64.69%), Zinc: 8.67mg (57.77%), Vitamin B12: 3.42µg (56.95%), Selenium: 34.12µg (48.75%), Vitamin B3: 8.94mg (44.71%), Phosphorus: 307.04mg (30.7%), Vitamin C: 25.04mg (30.35%), Iron: 4.8mg (26.67%), Vitamin B6: 0.51mg (25.33%), Vitamin B2: 0.4mg (23.5%), Potassium: 753.16mg (21.52%), Vitamin B1: 0.24mg (16.1%), Copper: 0.31mg (15.6%), Magnesium: 60.54mg (15.13%), Manganese: 0.28mg (14.03%), Folate: 52.96µg (13.24%), Vitamin B5: 1.27mg (12.69%), Vitamin E: 1.77mg (11.77%), Vitamin A: 558.01IU (11.16%), Fiber: 2.31g (9.22%), Calcium: 88.16mg (8.82%)