



Lamb Shanks Hestia with Cucumber Raita

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 stick cinnamon (3-inch)
- 1 teaspoon rosemary dried
- 6 garlic cloves minced
- 1 cup golden raisins
- 5 pounds lamb shanks
- 1 cup low-salt beef broth
- 1 cup plum brandy dry

- 1.5 cups onion chopped
- 10 servings cucumber raita
- 0.3 teaspoon salt
- 1 cup tomato sauce

Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 350
- Rinse lamb with cold water; pat dry.
- Heat a large Dutch oven coated with cooking spray over medium-high heat.
- Add 2 lamb shanks; cook 10 minutes, browning on all sides.
- Remove from pan. Repeat procedure with remaining lamb; remove from pan.
- Add onion and garlic to pan; saut 2 minutes.
- Add dry Marsala; cook 2 minutes, stirring frequently.
- Add broth, tomato sauce, rosemary, salt, pepper, and cinnamon stick.
- Return lamb to pan; bring mixture to a simmer. Cover pan and bake at 350 for 1 hour.
- Remove lamb mixture from oven; stir in raisins. Cover and bake an additional 45 minutes or until lamb is tender.
- Remove cinnamon stick; discard.
- Serve lamb with pan sauce and Cucumber Raita.
- Garnish with mint sprigs, if desired.
- (Totals include Cucumber Raita)

Nutrition Facts



■ PROTEIN 44.08% ■ FAT 15.6% ■ CARBS 40.32%

Properties

Glycemic Index:28.47, Glycemic Load:7.31, Inflammation Score:-4, Nutrition Score:12.787826051288%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 22.76mg, Malvidin: 22.76mg, Malvidin: 22.76mg, Malvidin: 22.76mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 215.25kcal (10.76%), Fat: 3.33g (5.12%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 17.74g (6.45%), Sugar: 12.41g (13.79%), Cholesterol: 64.29mg (21.43%), Sodium: 342.68mg (14.9%), Alcohol: 3.67g (100%), Alcohol %: 2.24% (100%), Protein: 21.14g (42.28%), Vitamin B12: 2.3µg (38.31%), Zinc: 5.72mg (38.17%), Selenium: 23.26µg (33.24%), Vitamin B3: 5.63mg (28.15%), Phosphorus: 213.43mg (21.34%), Vitamin B2: 0.25mg (14.65%), Vitamin B6: 0.28mg (14.18%), Potassium: 482.44mg (13.78%), Iron: 2.38mg (13.2%), Manganese: 0.25mg (12.65%), Copper: 0.21mg (10.49%), Magnesium: 37.93mg (9.48%), Vitamin B5: 0.81mg (8.15%), Vitamin B1: 0.12mg (8%), Folate: 28.32µg (7.08%), Fiber: 1.6g (6.38%), Vitamin C: 4.54mg (5.5%), Vitamin E: 0.61mg (4.06%), Calcium: 36.72mg (3.67%), Vitamin A: 109.34IU (2.19%), Vitamin K: 1.51µg (1.44%)