



Lamb Shanks on Cannellini Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 2 bay leaves
- ☐ 0.5 cup beef broth
- ☐ 0.3 teaspoon pepper black
- ☐ 29 ounce tomatoes diced canned
- ☐ 1 cup .5 can cannellini beans dried white
- ☐ 2 cups carrots finely chopped
- ☐ 1 cup celery finely chopped

- ☐ 1.5 teaspoons rosemary dried
- ☐ 1 cup wine dry red
- ☐ 4 garlic sliced
- ☐ 4.5 pound lamb shanks trimmed
- ☐ 1 cup onion finely chopped
- ☐ 0.5 teaspoon salt

Equipment

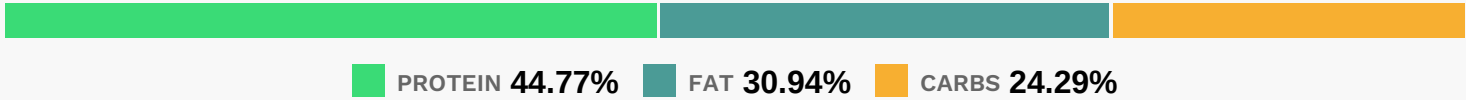
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle lamb with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add lamb; cook 12 minutes, browning on all sides.
- ☐ Remove from skillet.
- ☐ Add carrot, onion, and celery to skillet; saut 3 minutes.
- ☐ Add wine. Bring to a boil; cook 5 minutes. Stir in broth, rosemary, tomatoes, and bay leaves. Return lamb to skillet (skillet will be very full). Cover, reduce heat, and simmer 2 hours or until lamb is very tender, turning lamb once.
- ☐ Remove lamb from skillet; bring liquid to a boil, and cook 5 minutes. Discard bay leaves.
- ☐ Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans; place in Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Reduce heat, and simmer 1 hour or until tender.
- ☐ Drain.
- ☐ Cook bacon in the Dutch oven over medium-high heat until crisp.
- ☐ Remove bacon from Dutch oven, reserving 2 teaspoons drippings in Dutch oven. Crumble bacon.

- ☐ Heat drippings over medium–high heat.
- ☐ Add garlic; saut 2 minutes or until golden. Stir in beans and bacon; remove from heat.
- ☐ Divide beans evenly among 6 plates; arrange lamb on beans. Spoon sauce over lamb.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:2.18, Inflammation Score:0, Nutrition Score:27.35652163236%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 341.8kcal (17.09%), Fat: 10.81g (16.63%), Saturated Fat: 3.68g (23%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 14.3g (5.2%), Sugar: 6.66g (7.4%), Cholesterol: 105.92mg (35.31%), Sodium: 779.91mg (33.91%), Alcohol: 4.2g (100%), Alcohol %: 1.13% (100%), Protein: 35.19g (70.38%), Vitamin A: 7373.23IU (147.46%), Zinc: 8.86mg (59.07%), Vitamin B12: 3.5µg (58.41%), Selenium: 37.23µg (53.19%), Vitamin B3: 9.65mg (48.24%), Phosphorus: 340.53mg (34.05%), Vitamin B6: 0.56mg (27.98%), Iron: 4.85mg (26.93%), Potassium: 856.83mg (24.48%), Vitamin B2: 0.41mg (24.38%), Vitamin C: 18.41mg (22.32%), Vitamin B1: 0.29mg (19.35%), Fiber: 4.8g (19.2%), Magnesium: 62.48mg (15.62%), Folate: 61.49µg (15.37%), Manganese: 0.3mg (15.16%), Copper: 0.3mg (14.79%), Vitamin B5: 1.44mg (14.41%), Vitamin K: 14.81µg (14.11%), Vitamin E: 1.66mg (11.1%), Calcium: 106.52mg (10.65%)