



Lamb Shanks on Cannellini Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



432 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 cannellini beans beans dried white
- ☐ 2 cups carrots finely chopped
- ☐ 1 cup celery finely chopped

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

Equipment

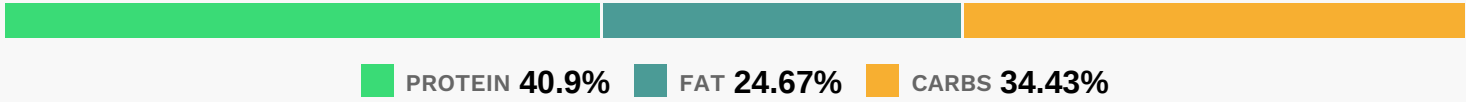
- ☐ frying pan
- ☐ dutch oven

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:-10, Nutrition Score:35.958260686501%

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: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg 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: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg 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: 432.43kcal (21.62%), Fat: 11.1g (17.07%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 26.35g (9.58%), Sugar: 7.37g (8.19%), Cholesterol: 105.92mg (35.31%), Sodium: 721.15mg (31.35%), Alcohol: 4.2g (100%), Alcohol %: 1.12% (100%), Protein: 41.39g (82.78%), Vitamin A: 7373.23IU (147.46%), Zinc: 10.1mg (67.31%), Selenium: 41.54µg (59.35%), Vitamin B12: 3.5µg (58.41%), Vitamin B3: 9.81mg (49.05%), Folate: 192.12µg (48.03%), Manganese: 0.91mg (45.39%), Phosphorus: 441.87mg (44.19%), Iron: 7.72mg (42.88%), Potassium: 1461.14mg (41.75%), Fiber: 8.49g (33.95%), Vitamin B6: 0.67mg (33.33%), Magnesium: 126.45mg (31.61%), Copper: 0.63mg (31.35%), Vitamin B1: 0.44mg (29.16%), Vitamin B2: 0.46mg (27.28%), Vitamin C: 18.41mg (22.32%), Calcium: 169.42mg (16.94%), Vitamin B5: 1.69mg (16.88%), Vitamin K: 16.7µg (15.9%), Vitamin E: 1.74mg (11.57%)