



Lamb Shanks On Lentil-Spinach Ragoût



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1057 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup beef broth
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 4 carrots sliced
- ☐ 2 celery stalks sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 teaspoons rosemary leaves dried
- ☐ 1 cup cooking wine dry red

- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 6 pound lamb shanks trimmed
- ☐ 38 ounce lentil soup canned (such as Progresso)
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 slices center-cut bacon
- ☐ 0.8 cup sacramento tomato juice

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle lamb with pepper and salt.
- ☐ Heat an extra-large Dutch oven over medium-high heat.
- ☐ Add half of lamb; cook 3 minutes on each side or until browned.
- ☐ Remove from pan; set aside. Repeat with remaining lamb. Reduce heat to medium; add onion and next 4 ingredients. Cook 5 minutes, scraping pan to loosen browned bits.
- ☐ Add tomatoes, rosemary, and bay leaves. Return lamb to pan. Bring to a boil. Cover, reduce heat, and simmer 2 hours or until lamb is tender; discard bay leaves and liquid.
- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, and crumble. Discard pan drippings.
- ☐ Add bacon, soup, and remaining 3 ingredients to pan. Simmer, uncovered, 30 minutes, stirring occasionally.
- ☐ Serve lamb shanks on a bed of lentil ragot.
- ☐ NOTE: The discarded remaining braising liquid can be used to make a delicious soup; just skim the fat first.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:18.02, Inflammation Score:-10, Nutrition Score:74.470869830121%

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: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg, Catechin: 3.71mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg, Gallocatechin: 0.25mg

Nutrients (% of daily need)

Calories: 1057.49kcal (52.87%), Fat: 16.09g (24.75%), Saturated Fat: 5g (31.25%), Carbohydrates: 128.78g (42.93%), Net Carbohydrates: 68.23g (24.81%), Sugar: 13.97g (15.52%), Cholesterol: 140.2mg (46.73%), Sodium: 718.53mg (31.24%), Alcohol: 4.2g (100%), Alcohol %: 0.73% (100%), Protein: 92.98g (185.96%), Vitamin A: 12844.08IU (256.88%), Folate: 1006.74µg (251.69%), Fiber: 60.55g (242.2%), Vitamin K: 198.63µg (189.17%), Manganese: 3.16mg (158.08%), Zinc: 20.69mg (137.95%), Vitamin B1: 2.01mg (133.72%), Phosphorus: 1282.31mg (128.23%), Iron: 19.98mg (110.98%), Selenium: 68.05µg (97.22%), Vitamin B3: 17.94mg (89.72%), Vitamin B6: 1.74mg (87.07%), Potassium: 3001.48mg (85.76%), Magnesium: 342.61mg (85.65%), Vitamin B12: 4.66µg (77.67%), Copper: 1.5mg (75.22%), Vitamin B5: 5.91mg (59.12%), Vitamin B2: 0.99mg (58.08%), Vitamin C: 32.68mg (39.62%), Vitamin E: 4.81mg (32.08%), Calcium: 251.41mg (25.14%)