



Lamb Shanks Pipérade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1.5 cups celery sliced ()
- 2 teaspoons cornstarch
- 0.5 teaspoon pepper red crushed
- 2 teaspoons thyme leaves dried
- 2 cups cooking wine dry red
- 3 garlic cloves minced
- 0.1 teaspoon ground cloves

- 3 pound lamb shanks trimmed
- 1 teaspoon olive oil
- 2 cups onion chopped
- 3 cups bell pepper red chopped
- 0.5 teaspoon salt divided
- 0.5 cup tomato paste
- 1 tablespoon water
- 1.5 cups water divided

Equipment

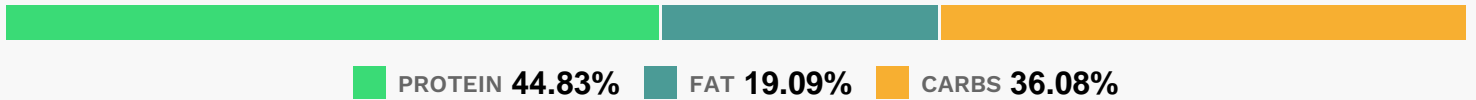
- bowl
- frying pan
- oven
- whisk
- roasting pan
- ziploc bags

Directions

- Preheat oven to 350
- Sprinkle lamb with 1/4 teaspoon salt and 1/8 teaspoon black pepper.
- Place lamb in a shallow roasting pan coated with cooking spray.
- Add 1/2 cup water.
- Bake at 350 for 1 hour and 15 minutes.
- Remove lamb from oven; cool slightly.
- Remove meat from bones and chop; discard bones, fat, and gristle.
- Add 1 cup water to roasting pan, scraping pan to loosen browned bits.
- Place a zip-top plastic bag inside a 2-cup glass measure.
- Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.

- Drain drippings into a bowl, stopping before fat layer reaches opening; discard fat. Reserve lamb broth.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add bell pepper and onion; saut 1 minute. Stir in thyme, cloves, and garlic; saut 1 1/2 minutes.
- Add tomato paste; cook 5 minutes or until paste begins to brown, stirring constantly. Stir in wine, celery, crushed red pepper, 1/4 teaspoon salt, and 1/8 teaspoon black pepper. Bring to a boil; cover, reduce heat, and simmer 30 minutes.
- Combine 1 tablespoon water and cornstarch, stirring with a whisk.
- Add lamb, reserved lamb broth, and cornstarch mixture to bell pepper mixture. Bring to a boil; cook 1 minute or until thick, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:24.10391320353%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 11.59mg, Quercetin: 11.59mg, Quercetin: 11.59mg, Quercetin: 11.59mg

Nutrients (% of daily need)

Calories: 252.51kcal (12.63%), Fat: 4.21g (6.48%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 13.89g (5.05%), Sugar: 8.42g (9.36%), Cholesterol: 64.16mg (21.39%), Sodium: 471.51mg (20.5%), Alcohol: 8.4g (100%), Alcohol %: 2.57% (100%), Protein: 22.26g (44.52%), Vitamin C: 105.51mg (127.89%), Vitamin A: 2842.73IU (56.85%), Zinc: 6.03mg (40.23%), Vitamin B12: 2.28µg (37.97%), Selenium: 24.2µg (34.58%), Vitamin B3: 6.53mg (32.65%), Vitamin B6: 0.53mg (26.45%), Phosphorus: 236.63mg (23.66%), Potassium: 756.06mg (21.6%), Folate: 77.6µg (19.4%), Vitamin K: 20.26µg (19.3%), Vitamin B2: 0.32mg (18.6%), Iron: 3.29mg (18.25%), Manganese: 0.36mg (17.86%), Vitamin E: 2.61mg (17.39%), Fiber: 4.02g (16.1%), Magnesium: 51.72mg (12.93%), Copper: 0.24mg (12.2%), Vitamin B1: 0.18mg (12.1%), Vitamin B5: 1.07mg (10.67%), Calcium: 56mg (5.6%)