

What She Ate

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HEALTH SCORE

Lamb Shanks with Ancho Chile Honey Glaze

Gluten FreeVery Healthy

READY IN

ready

165 min.

SERVINGS

servings

4

CALORIES

calories

742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ancho chiles dried stemmed seeded
- ☐ 1 bay leaf
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup honey
- ☐ 4 lamb shanks

- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup yogurt plain
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper to taste
- ☐ 4 cups tomato purée
- ☐ 4 cups water boiling

Equipment

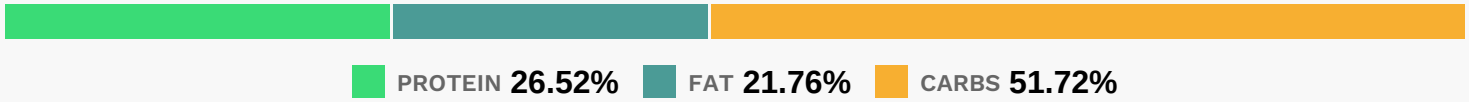
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat oil in large Dutch oven or enamel baking pot. Sear shanks on all sides and set aside. In the same pot, saute onion and garlic 2 to 3 minutes.
- ☐ Add 2 ancho chilies, tomatoes and chicken stock. Season with cumin, bay leaf, salt and pepper. Boil briefly, then return shanks to pan.
- ☐ Cover and bake in preheated oven for 2 to 2 1/2 hours. Meat should be just ready to fall off the bone.
- ☐ To make the glaze: Cover 6 ancho chilies with boiling water, and soak for 10 minutes. In a food processor, combine chilies, 1 cup water, honey and orange zest. Process until smooth; set aside.
- ☐ To make the topping: In a small bowl, mix together yogurt, cilantro and salt. Cover, and refrigerate.

- ☐
- When the shanks are done, remove them from the Dutch oven, and place them into an oiled roasting pan. Increase oven temperature to 400 degrees F (200 degrees C).
- ☐
- Spread glaze over shanks and return to oven until light crust forms, 6 to 10 minutes.
- ☐
- Serve on large plates surrounded by tomato base and topped with the refreshing yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:41.32, Glycemic Load:19.47, Inflammation Score:-10, Nutrition Score:56.554782293413%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg, Quercetin: 16.51mg

Nutrients (% of daily need)

Calories: 741.89kcal (37.09%), Fat: 19.06g (29.32%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 101.93g (33.98%), Net Carbohydrates: 81.18g (29.52%), Sugar: 73.55g (81.73%), Cholesterol: 137.62mg (45.87%), Sodium: 1134.54mg (49.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.28g (104.55%), Vitamin A: 15329.56IU (306.59%), Vitamin B3: 18.62mg (93.08%), Zinc: 13.11mg (87.4%), Fiber: 20.75g (82.99%), Vitamin B2: 1.4mg (82.07%), Vitamin B12: 4.77µg (79.51%), Potassium: 2764.81mg (78.99%), Selenium: 50.49µg (72.13%), Vitamin K: 70.83µg (67.46%), Iron: 11.9mg (66.13%), Phosphorus: 610.87mg (61.09%), Copper: 1.17mg (58.49%), Vitamin C: 48.06mg (58.26%), Vitamin B6: 1.15mg (57.71%), Vitamin E: 8.37mg (55.83%), Manganese: 1.09mg (54.48%), Magnesium: 169.48mg (42.37%), Vitamin B5: 3.29mg (32.89%), Folate: 106.96µg (26.74%), Vitamin B1: 0.35mg (23.63%), Calcium: 191mg (19.1%)