



HEALTH SCORE

76%

Lamb Shanks with Artichokes and Olives: Stinci di Agnelli con Carciofi e Olive



Very Healthy

READY IN



160 min.

SERVINGS



4

CALORIES



1433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 baby artichokes trimmed
- ☐ 1 tablespoon peppercorns black
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 4 large lamb shanks
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup gaeta olives
- ☐ 1 onion spanish chopped
- ☐ 1 onion spanish chopped
- ☐ 2 onions coarsely chopped
- ☐ 1 bunch parsley stems
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons tomato paste
- ☐ 12 cloves garlic whole peeled
- ☐ 1 cup frascati dry white

Equipment

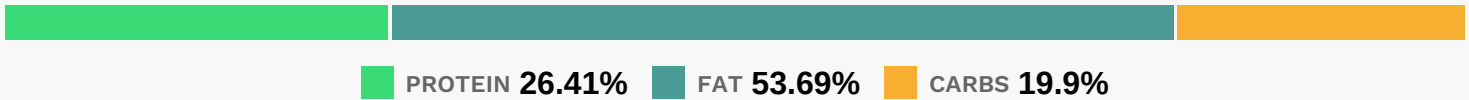
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Rinse and dry the shanks and season aggressively with salt and pepper. In a heavy-bottomed Dutch oven with a lid, heat the oil until smoking.
- ☐ Add the shanks and sear until dark golden brown over medium heat, about 15 to 18 minutes.

- ☐ Remove the shanks and set aside.
- ☐ To the same pan add the onion, garlic, rosemary and artichokes and cook until softened, about 8 to 10 minutes.
- ☐ Add the olives, wine, tomato sauce and chicken stock and bring to a boil. Replace the lamb shanks in the pan and return to a boil. Cover tightly and roast in the oven for 1 1/2 hours, until fork-tender.
- ☐ Remove from the oven and serve immediately.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds one week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:108.92, Glycemic Load:6.72, Inflammation Score:-10, Nutrition Score:68.4878252952%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 32.07mg, Apigenin: 32.07mg, Apigenin: 32.07mg, Apigenin: 32.07mg Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 24.86mg, Quercetin: 24.86mg, Quercetin: 24.86mg, Quercetin: 24.86mg

Nutrients (% of daily need)

Calories: 1432.87kcal (71.64%), Fat: 85.64g (131.75%), Saturated Fat: 18.13g (113.28%), Carbohydrates: 71.42g (23.81%), Net Carbohydrates: 46.56g (16.93%), Sugar: 23.66g (26.29%), Cholesterol: 292.33mg (97.44%), Sodium: 1990.86mg (86.56%), Alcohol: 6.18g (100%), Alcohol %: 0.55% (100%), Protein: 94.77g (189.54%), Vitamin K: 295.08µg (281.03%), Vitamin A: 13837.36IU (276.75%), Vitamin B3: 26.86mg (134.29%), Selenium: 81.14µg (115.91%),

Vitamin C: 89.11mg (108.01%), Zinc: 15.31mg (102.05%), Fiber: 24.86g (99.44%), Vitamin B6: 1.98mg (99.13%), Iron: 16.77mg (93.17%), Vitamin B12: 5.21µg (86.77%), Phosphorus: 818.43mg (81.84%), Vitamin E: 11.37mg (75.82%), Manganese: 1.39mg (69.27%), Potassium: 2283.41mg (65.24%), Vitamin B2: 0.94mg (55.28%), Magnesium: 185.1mg (46.28%), Copper: 0.82mg (40.92%), Vitamin B1: 0.61mg (40.89%), Calcium: 408.13mg (40.81%), Vitamin B5: 4.03mg (40.35%), Folate: 154.32µg (38.58%), Vitamin D: 0.21µg (1.43%)