



## Lamb Shanks with Butternut Squash



Gluten Free



Dairy Free



Very Healthy

READY IN



255 min.

SERVINGS



4

CALORIES



868 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 tablespoons olive oil extra virgin
- ☐ 4 pound lamb shanks
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 Cloves from an head of garlic entire separated unpeeled
- ☐ 6 rib celery coarsely chopped
- ☐ 4 carrots coarsely chopped
- ☐ 1 large onion coarsely chopped
- ☐ 0.5 cup tomato paste

- ☐ 3 cups cooking wine dry red
- ☐ 6 cups chicken stock see gluten-free for version (use stock )
- ☐ 6 inch orange zest
- ☐ 3 pounds butternut squash peeled cut into 1 inch cubes
- ☐ 0.3 cup .5 can cannellini beans cooked drained ( 1 15 ounce can, )
- ☐ 4 tablespoons parsley chopped
- ☐ 4 cloves garlic minced peeled
- ☐ 4 teaspoons lemon zest finely grated

## Equipment

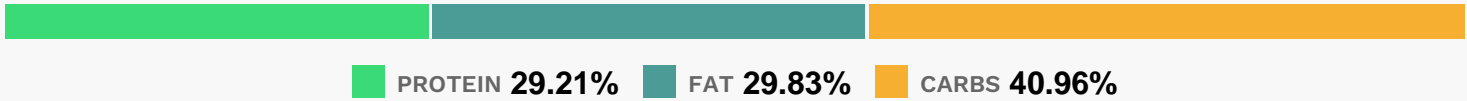
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ dutch oven

## Directions

- ☐ Brown the shanks on all sides:
- ☐ Heat 2 Tbsp of olive oil in a large thick-bottomed Dutch oven pot. Season the lamb shanks with salt and pepper, add them to the casserole and brown well on all sides, working in batches if necessary, about 8 minutes.
- ☐ Transfer the shanks to a plate.
- ☐ Preheat the oven to 350°F and arrange two racks in the oven, one to hold the Dutch oven pot and one to hold a baking sheet with the squash.
- ☐ Sauté celery, carrots, onion, unpeeled garlic, add tomato paste, add wine:
- ☐ Add the unpeeled garlic cloves, celery, carrots and onion to the pot. Cook over moderate heat, stirring occasionally, until golden brown, about 8 minutes.
- ☐ Add the tomato paste and cook, stirring, until glossy, about 2 minutes.
- ☐ Add the wine; boil over high heat until the liquid is very syrupy, about 15 minutes.

- ☐ Add shanks, stock, simmer until lamb is tender: Return the shanks to the pot and add the stock and orange zest. Bring to a simmer. Cover the pot and braise the shanks in the oven for about 2 to 3 hours, until the meat is very tender. Turn the shanks from time to time as they cook.
- ☐ Roast butternut squash: While the shanks are cooking, roast the butternut squash. On a large rimmed baking sheet, toss the squash with the remaining 2 Tbsp of olive oil.
- ☐ Season with salt and pepper and bake in the oven (along with the lamb) for about an hour, or until tender.
- ☐ Make the gremolata: In a small bowl, mix the minced garlic with the parsley and lemon zest (the "gremolata"). Set aside.
- ☐ Remove shanks from pot, strain vegetables from sauce:
- ☐ Remove the shanks from the oven and transfer to a plate. Pass the sauce through a coarse strainer, pressing hard on the vegetables. Discard the vegetable pulp. Skim the fat from the surface of the sauce.
- ☐ Combine sauce, shanks, squash, and beans: Return the sauce to the pot, season with salt and pepper and bring to a boil over moderately high heat.
- ☐ Add the lamb shanks and squash; simmer just until warmed through.
- ☐ Add the cannellini beans, cover and remove from heat.
- ☐ Let stand for a few minutes to allow for the flavors to blend.
- ☐ Spoon the vegetables and sauce into large shallow bowls and set the lamb shanks on top.
- ☐ Garnish with the gremolata and serve.

## Nutrition Facts



## Properties

Glycemic Index:60.71, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:58.0895652771%

## Flavonoids

Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg, Petunidin: 5.98mg Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg, Delphinidin: 7.52mg Malvidin: 47.23mg, Malvidin: 47.23mg, Malvidin: 47.23mg, Malvidin: 47.23mg Peonidin: 3.33mg, Peonidin: 3.33mg, Peonidin: 3.33mg, Peonidin: 3.33mg Catechin: 13.86mg, Catechin: 13.86mg, Catechin: 13.86mg, Catechin: 13.86mg Epicatechin: 19.19mg, Epicatechin: 19.19mg, Epicatechin: 19.19mg, Epicatechin: 19.19mg

19.19mg, Epicatechin: 19.19mg Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg, Apigenin: 8.68mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 868.49kcal (43.42%), Fat: 25.18g (38.74%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 77.78g (25.93%), Net Carbohydrates: 65.72g (23.9%), Sugar: 21.82g (24.24%), Cholesterol: 139.12mg (46.37%), Sodium: 1208.09mg (52.53%), Alcohol: 18.9g (100%), Alcohol %: 1.93% (100%), Protein: 55.48g (110.97%), Vitamin A: 47225.34IU (944.51%), Vitamin C: 100.01mg (121.22%), Vitamin B3: 21.42mg (107.11%), Vitamin K: 90.93µg (86.6%), Zinc: 12.6mg (84%), Selenium: 56.83µg (81.19%), Vitamin B12: 4.56µg (75.94%), Potassium: 2650.83mg (75.74%), Vitamin B6: 1.32mg (66.05%), Phosphorus: 626.1mg (62.61%), Vitamin E: 9.34mg (62.26%), Manganese: 1.04mg (51.87%), Magnesium: 205.63mg (51.41%), Vitamin B2: 0.86mg (50.33%), Vitamin B1: 0.75mg (49.76%), Fiber: 12.06g (48.23%), Iron: 8.47mg (47.04%), Folate: 181.55µg (45.39%), Copper: 0.83mg (41.34%), Vitamin B5: 3.01mg (30.07%), Calcium: 262.31mg (26.23%)