



HEALTH SCORE

65%

Lamb Shanks with Lemon and White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 ounce cannellini beans beans white divided rinsed drained canned
- ☐ 2 cups carrots cubed (1-inch)
- ☐ 0.5 teaspoon celery seeds
- ☐ 1 teaspoon sage dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 48 ounce lamb shanks trimmed

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.8 teaspoon salt
- ☐ 2 cups onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ dutch oven

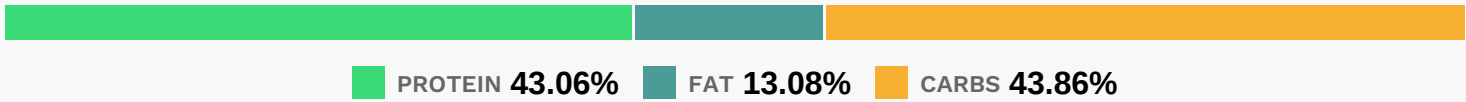
Directions

- ☐ Heat a large Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add half of lamb to pan, and cook 9 minutes, browning on all sides.
- ☐ Remove lamb from pan. Repeat procedure with cooking spray and remaining lamb.
- ☐ Add onion and carrot to pan; cook for 4 minutes, stirring frequently. Increase heat to medium-high. Stir in wine, scraping pan to loosen browned bits.
- ☐ Add rind and next 4 ingredients (through pepper); cook 5 minutes.
- ☐ Add lamb and broth; bring to a simmer. Cover, reduce heat, and simmer 2 1/2 hours or until lamb is very tender.
- ☐ Remove lamb and vegetables from pan with a slotted spoon; place in a large bowl.
- ☐ Place a large zip-top plastic bag inside an 8-cup glass measure or bowl.
- ☐ Pour broth mixture into bag; let stand 10 minutes (fat will rise to the top). Seal bag, and carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into pan, stopping before fat layer reaches opening; discard fat.
- ☐ Combine juice and 1 cup beans in a small bowl; mash with a fork until pastelike.
- ☐ Add juice mixture and remaining beans to pan; stir well to combine.
- ☐ Add lamb mixture; cook 5 minutes or until thoroughly heated.

☐

Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:9.71, Inflammation Score:-10, Nutrition Score:32.788261081861%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg, Quercetin: 16.43mg

Nutrients (% of daily need)

Calories: 410.4kcal (20.52%), Fat: 5.34g (8.22%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 31.44g (11.43%), Sugar: 7.67g (8.52%), Cholesterol: 96.24mg (32.08%), Sodium: 834.97mg (36.3%), Alcohol: 6.18g (100%), Alcohol %: 1.49% (100%), Protein: 39.58g (79.16%), Vitamin A: 10697.61IU (213.95%), Zinc: 9.97mg (66.48%), Vitamin B12: 3.53µg (58.85%), Selenium: 37.12µg (53.04%), Manganese: 0.94mg (47.11%), Vitamin B3: 8.66mg (43.31%), Phosphorus: 429.23mg (42.92%), Iron: 6.65mg (36.97%), Potassium: 1243.92mg (35.54%), Fiber: 8.88g (35.52%), Folate: 134.75µg (33.69%), Magnesium: 117.27mg (29.32%), Vitamin B6: 0.55mg (27.7%), Copper: 0.5mg (24.91%), Vitamin B2: 0.4mg (23.77%), Vitamin B1: 0.34mg (22.56%), Vitamin C: 14.58mg (17.68%), Vitamin B5: 1.59mg (15.86%), Calcium: 151.19mg (15.12%), Vitamin K: 13.13µg (12.51%), Vitamin E: 1.69mg (11.27%)