



WHATSheATE



HEALTH SCORE

51%

Lamb Shanks with Lime and Cilantro



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon pepper black freshly ground



2 cups carrots ()



0.5 cup cilantro stems fresh chopped



2 teaspoons curry powder homemade



1 cup less-sodium chicken broth fat-free



1 cup cilantro leaves fresh divided chopped



1 tablespoon garlic finely chopped



1.5 teaspoons ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 5 pound lamb shanks trimmed
- ☐ 1 tablespoon lemongrass fresh peeled finely chopped
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 1 tablespoon olive oil divided
- ☐ 2 cups onion thinly sliced
- ☐ 1 teaspoon salt

Equipment

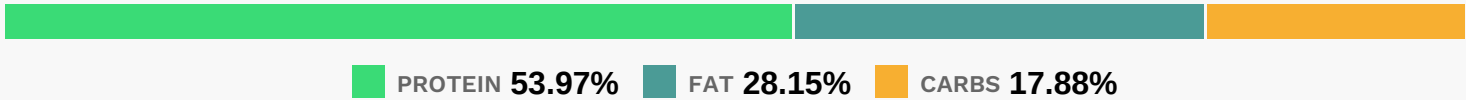
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Lightly score a diamond pattern into both sides of the lamb.
- ☐ Heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Combine the salt, coriander, cumin, and pepper; rub over lamb.
- ☐ Add half of lamb shanks to pan, and cook 8 minutes or until browned, turning occasionally.
- ☐ Remove lamb from pan. Repeat procedure with remaining oil and lamb shanks; remove from pan.
- ☐ Reduce heat to medium.
- ☐ Add onion and carrot to pan, and cook for 5 minutes or until onion is tender, stirring frequently.
- ☐ Add garlic, lemongrass, and Homemade Curry Powder; cook for 1 minute, stirring constantly. Return the lamb shanks to pan.
- ☐ Add 1/2 cup cilantro leaves, broth, cilantro stems, rind, and juice; bring to a boil.
- ☐ Cover and bake at 350 for 1 1/2 hours or until lamb shanks are tender. Skim fat from surface of cooking liquid with a spoon. Stir in 1/2 cup cilantro leaves.

- ☐ Remove lamb from pan, and cool slightly.
- ☐ Remove meat from bones, and discard bones. Return meat to pan.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:20.32956506895%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg, Quercetin: 9.81mg

Nutrients (% of daily need)

Calories: 193.24kcal (9.66%), Fat: 5.97g (9.18%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 6.4g (2.33%), Sugar: 3.37g (3.75%), Cholesterol: 80.2mg (26.73%), Sodium: 524.8mg (22.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.46%), Vitamin A: 5560.54IU (111.21%), Vitamin B12: 2.9µg (48.41%), Zinc: 7.16mg (47.76%), Selenium: 29.14µg (41.63%), Vitamin B3: 6.78mg (33.92%), Phosphorus: 252.33mg (25.23%), Vitamin B2: 0.28mg (16.41%), Vitamin B6: 0.32mg (16%), Iron: 2.84mg (15.78%), Vitamin K: 15.7µg (14.95%), Potassium: 493.34mg (14.1%), Manganese: 0.26mg (13.03%), Vitamin B1: 0.17mg (11.14%), Folate: 43.07µg (10.77%), Magnesium: 42.71mg (10.68%), Vitamin B5: 1.03mg (10.28%), Copper: 0.19mg (9.41%), Vitamin C: 7.2mg (8.73%), Fiber: 2.13g (8.5%), Vitamin E: 0.95mg (6.36%), Calcium: 44.9mg (4.49%)