



Lamb Shanks with Sherry and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cooking sherry dry
- ☐ 3 cups fat-skimmed beef broth
- ☐ 8 lamb shanks
- ☐ 2 cups oven-sautéed onions and garlic
- ☐ 2 tablespoons red wine vinegar
- ☐ 12 oz roasted peppers red drained coarsely chopped
- ☐ 8 servings salt and pepper

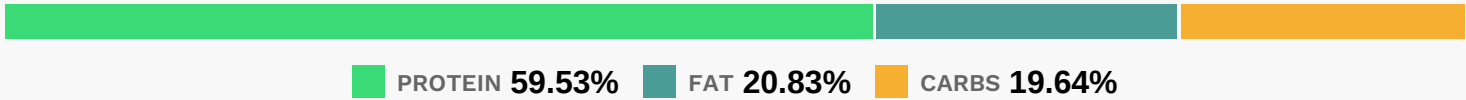
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Rinse lamb shanks and pat dry.
- ☐ In an 11- by 17-inch roasting pan, combine broth, sauted onions and garlic, and sherry. Arrange lamb in a single layer in mixture. Cover pan tightly with foil.
- ☐ Bake in a 400 oven until meat is very tender when pierced, 2 to 2 1/2 hours.
- ☐ With tongs, transfer shanks to a platter. Skim and discard fat from pan juices. Stir in red peppers and vinegar.
- ☐ Let lamb and red pepper sauce cool to room temperature, about 40 minutes.
- ☐ Put 1/2 the shanks in each of 2 foil pans (9 by 13 in.). Spoon sauce evenly over lamb. Seal pans with foil, and freeze (see Cold Facts below).
- ☐ Thaw 1 pan (see notes).
- ☐ Bake, covered, in a 400 oven until lamb is steaming, about 1 hour. Uncover and bake until meat is well browned, about 10 minutes longer. Season to taste with salt and pepper.
- ☐ Cold Facts. Packaging: freezer bags and foil pans. Squeeze out all air and seal bag. For better protection of frozen foods during storage, seal each bag inside a second one.
- ☐ Lay bags flat in freezer until solid so they will stack. Seal foil pans with a double layer of foil to protect foods for storage. Label each dish with permanent marker. Make a master list of the dishes. As you remove each from the freezer, cross it off the list. For best quality, freeze meat mixtures no longer than six weeks, others three months.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:3.28, Inflammation Score:-6, Nutrition Score:26.696086891319%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 308.43kcal (15.42%), Fat: 6.51g (10.02%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.6g (4.58%), Sugar: 0.76g (0.84%), Cholesterol: 127.31mg (42.44%), Sodium: 1277.44mg (55.54%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 41.88g (83.75%), Vitamin B12: 4.69µg (78.17%), Zinc: 11.5mg (76.69%), Selenium: 51.14µg (73.06%), Vitamin B3: 10.78mg (53.88%), Phosphorus: 420.6mg (42.06%), Vitamin B6: 0.84mg (41.89%), Vitamin C: 30.4mg (36.85%), Manganese: 0.73mg (36.37%), Vitamin B2: 0.44mg (25.97%), Iron: 4.44mg (24.66%), Potassium: 684.03mg (19.54%), Copper: 0.38mg (18.8%), Vitamin B1: 0.27mg (18.04%), Vitamin B5: 1.64mg (16.44%), Magnesium: 63.31mg (15.83%), Folate: 49.57µg (12.39%), Calcium: 102.03mg (10.2%), Fiber: 1.22g (4.9%), Vitamin A: 224.19IU (4.48%), Vitamin E: 0.47mg (3.13%)