



Lamb Shanks with Tomatoes and Fresh Herbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 ounces capocollo thinly sliced cut into thin strips
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 2 cups cooking wine dry white
- ☐ 1 teaspoon fennel seeds
- ☐ 3 tablespoons parsley fresh chopped

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 garlic cloves chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 4 large lamb shanks
- ☐ 1 tablespoon lemon zest grated
- ☐ 1.5 cups low-salt chicken broth
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 2 teaspoons salt
- ☐ 2 cups juice reserved from tomatoes diced canned drained
- ☐ 1.5 inch strips lemon peel

Equipment

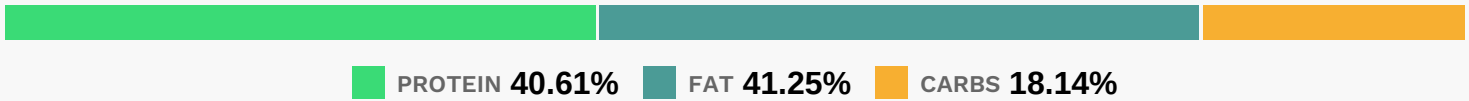
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ tongs

Directions

- ☐ Mix first 6 ingredients in small bowl; rub all over lamb.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Heat oil in large ovenproof pot over medium-high heat.
- ☐ Add lamb and sauté until brown, turning with tongs, about 12 minutes; transfer to plate. Reduce heat to medium.
- ☐ Add capocollo and stir 1 minute.
- ☐ Add onion, carrots, and celery. Cover and cook until vegetables are soft, stirring occasionally, about 10 minutes.

- ☐ Mix in garlic; cook 1 minute.
- ☐ Mix in lemon peel strips, bay leaves, and thyme.
- ☐ Add wine and bring to boil, scraping up browned bits.
- ☐ Add tomatoes and broth. Return lamb to pot. Bring to boil; cover and transfer pot to oven.
- ☐ Cook lamb until just tender, turning occasionally, about 1 1/2 hours.
- ☐ Remove pot from oven. Tilt pot and spoon off fat that rises to top of sauce.
- ☐ Place pot over medium heat and boil uncovered until sauce reduces enough to coat spoon and lamb is very tender, about 30 minutes. Season to taste with salt and pepper. Discard lemon peel and bay leaves. (Can be made 1 day ahead. Cool 30 minutes, chill uncovered until cold, then cover and keep chilled. Rewarm over low heat before continuing.)
- ☐ Mix parsley, grated lemon peel, and 1/2 teaspoon pepper in small bowl for gremolata.
- ☐ Transfer lamb to large shallow bowl.
- ☐ Sprinkle with gremolata and serve.

Nutrition Facts



Properties

Glycemic Index:64.96, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:36.627391317616%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 6.88mg, Apigenin: 6.88mg, Apigenin: 6.88mg, Apigenin: 6.88mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg

Nutrients (% of daily need)

Calories: 539.73kcal (26.99%), Fat: 21.16g (32.56%), Saturated Fat: 5.13g (32.08%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 16.65g (6.05%), Sugar: 8.53g (9.47%), Cholesterol: 139.92mg (46.64%), Sodium: 1849.38mg (80.41%), Alcohol: 12.36g (100%), Alcohol %: 2.38% (100%), Protein: 46.88g (93.76%), Vitamin A: 5852.66IU (117.05%), Zinc: 11.72mg (78.14%), Vitamin B12: 4.61µg (76.81%), Selenium: 45.64µg (65.21%), Vitamin K: 68.13µg

(64.89%), Vitamin B3: 12.56mg (62.78%), Phosphorus: 461.52mg (46.15%), Vitamin B6: 0.71mg (35.58%), Vitamin C: 28.23mg (34.22%), Iron: 6.1mg (33.9%), Vitamin B2: 0.54mg (31.72%), Potassium: 1107.58mg (31.65%), Manganese: 0.59mg (29.37%), Magnesium: 91.34mg (22.84%), Vitamin B1: 0.31mg (20.82%), Copper: 0.41mg (20.71%), Vitamin E: 3.06mg (20.42%), Folate: 79.07µg (19.77%), Vitamin B5: 1.75mg (17.52%), Fiber: 4.3g (17.19%), Calcium: 127.44mg (12.74%)