



Lamb Shoulder Braised with Spring Vegetables, Green Herbs, and White Wine

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus trimmed cut into 2-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 0.5 pound carrots peeled cut into 1-inch pieces
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 6 garlic clove crushed

- ☐ 2 pounds lamb shoulder trimmed cut into 1 1/2-inch pieces
- ☐ 1 pound onion chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 pound potatoes – remove skin red halved
- ☐ 1 teaspoon salt
- ☐ 0.5 pound turnip peeled cut into 1-inch cubes
- ☐ 3 cups wine fruity (such as riesling)

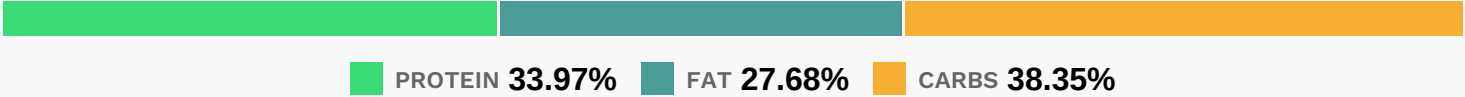
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 4 minutes.
- ☐ Add garlic; saut 1 minute. Spoon onion mixture into a large bowl.
- ☐ Add half of lamb to pan; saut 4 minutes or until browned.
- ☐ Remove from pan; add to onion mixture. Repeat procedure with remaining lamb.
- ☐ Add wine to pan, scraping pan to loosen browned bits. Return lamb mixture to pan; add salt and pepper.
- ☐ Combine oregano, parsley, and rosemary.
- ☐ Add half of herb mixture to pan; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until lamb is tender.
- ☐ Add potatoes, turnips, and carrots to pan. Cover and cook 40 minutes or until tender.
- ☐ Add asparagus; cook 5 minutes or until asparagus is tender. Stir in remaining herb mixture.
- ☐ Wine note: This succulent lamb shoulder surrounded by roasted root vegetables is fantastic with an earthy pinot noir. Try one that's rich and full bodied to mirror the richness of the lamb. Talley Pinot Noir 2006 from California's Arroyo Grande Valley (\$3
- ☐ is sensational. Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:42.85, Glycemic Load:3.78, Inflammation Score:-10, Nutrition Score:20.307391249615%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.46mg, Isorhamnetin: 4.46mg, Isorhamnetin: 4.46mg, Isorhamnetin: 4.46mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 15.79mg, Quercetin: 15.79mg, Quercetin: 15.79mg, Quercetin: 15.79mg

Nutrients (% of daily need)

Calories: 260.21kcal (13.01%), Fat: 6.12g (9.41%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 15.37g (5.59%), Sugar: 6.64g (7.38%), Cholesterol: 51.37mg (17.12%), Sodium: 408.7mg (17.77%), Alcohol: 9.27g (100%), Alcohol %: 3.47% (100%), Protein: 16.9g (33.79%), Vitamin A: 5073.48IU (101.47%), Vitamin B12: 1.91µg (31.87%), Vitamin K: 29.49µg (28.08%), Vitamin B3: 5.5mg (27.49%), Selenium: 17.99µg (25.7%), Zinc: 3.61mg (24.09%), Manganese: 0.45mg (22.27%), Phosphorus: 220.64mg (22.06%), Vitamin C: 17.23mg (20.89%), Potassium: 705.02mg (20.14%), Vitamin B6: 0.39mg (19.71%), Iron: 2.9mg (16.14%), Vitamin B2: 0.27mg (16.13%), Folate: 60.74µg (15.18%), Fiber: 3.71g (14.84%), Vitamin B1: 0.22mg (14.41%), Magnesium: 52.05mg (13.01%), Copper: 0.25mg (12.52%), Vitamin B5: 0.94mg (9.41%), Calcium: 73.4mg (7.34%), Vitamin E: 0.87mg (5.79%)