



Lamb Soup with Dandelion Greens

 Gluten Free

READY IN



150 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves whole
- ☐ 4 cup chicken stock see
- ☐ 0.5 teaspoon marjoram dried
- ☐ 3 pound lamb shanks
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon oregano leaves fresh
- ☐ 8 servings parmesan as needed grated
- ☐ 0.3 teaspoon freshly cracked pepper black

- ☐ 1 teaspoon salt as needed plus more
- ☐ 4 cup water

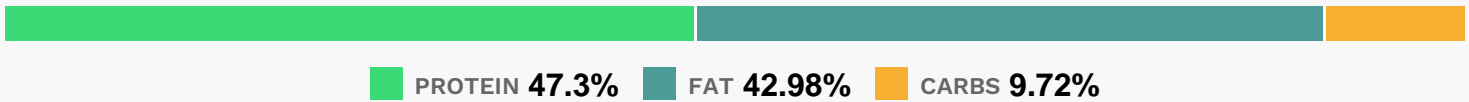
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven combine lamb shanks, water, stock, bay leaves, dried oregano, dried marjoram, salt and pepper. Bring to a boil then reduce heat. Simmer, covered, for 1 ¼ to 1 ½ hours or until meat very tender and falling off the bone.
- ☐ Remove lamb shanks from the broth. When cool enough to handle, remove meat from bones. Discard bones. Coarsely chop meat. Strain broth, discarding solids. Skim fat from broth.Return broth to Dutch Oven. Stir in chopped meat, carrots, celery and onion. Return to boiling, reduce heat. Simmer, covered, about 15 minutes or until vegetables are tender. Stir in fresh oregano, and dandelion greens. Cook for 1 to 2 minutes more or just until greens wilt. Ladle soup into individual bowls and sprinkle each serving with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:14.088260939588%

Nutrients (% of daily need)

Calories: 247.06kcal (12.35%), Fat: 11.53g (17.73%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.47g (1.99%), Sugar: 2.17g (2.41%), Cholesterol: 72.12mg (24.04%), Sodium: 1004.14mg (43.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.54g (57.08%), Calcium: 383.39mg (38.34%), Selenium: 26.17µg (37.39%), Phosphorus: 372.45mg (37.25%), Zinc: 5.18mg (34.54%), Vitamin B12: 2.07µg (34.48%), Vitamin B3: 5.72mg (28.61%), Vitamin B2: 0.35mg (20.35%), Iron: 2.09mg (11.63%), Vitamin B6: 0.23mg (11.44%), Magnesium: 39.15mg (9.79%), Potassium: 331.03mg (9.46%), Copper: 0.18mg (8.81%), Vitamin B1: 0.13mg (8.34%), Folate: 25.59µg (6.4%), Vitamin B5: 0.64mg (6.4%), Vitamin K: 6.33µg (6.03%), Vitamin A: 255.18IU (5.1%), Manganese: 0.08mg (3.88%), Vitamin E: 0.43mg (2.87%), Fiber: 0.4g (1.59%)