



HEALTH SCORE

60%

L'Osso Buco a l'Orange



Very Healthy

READY IN

**240 min.**

SERVINGS

**4**

CALORIES

**1084 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings tapioca/arrowroot flour for thickening (if necessary)
- ☐ 1 bouquet garnic
- ☐ 2 medium carrots finely chopped
- ☐ 2 tablespoons ghee
- ☐ 8 ounces rice long grain boiled
- ☐ 3.3 cups cooking wine dry white
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic crushed peeled

- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions finely chopped
- ☐ 2 large orange zest peeled chopped fine
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings salt freshly ground
- ☐ 1 teaspoon tomato paste
- ☐ 4 pounds veal knuckles

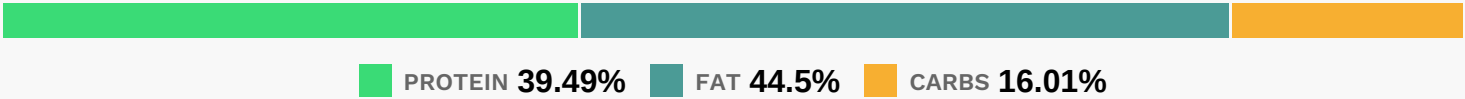
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ ziploc bags

Directions

- ☐ Put 2 tablespoons flour into a good plastic bag.
- ☐ Add a little salt and pepper and shake to combine. Wipe veal pieces with a damp cloth to remove any bone dust.
- ☐ Place pieces of veal knuckle into bag and shake to cover each piece with flour.
- ☐ Place clarified butter and oil into a large skillet (frying pan) and heat to 400 degrees F.
- ☐ Place floured veal pieces into the butter/oil. They should foam and fry until golden. Turn to color evenly.
- ☐ Add the onions, garlic, carrots and orange zest. Toss veal pieces and vegetables together and lower heat to 300 degrees F. and allow to "sweat" (the natural oils "bead" out of the vegetables like perspiration) for 3 minutes. Now add 2 cups dry white wine and scrape pan base with wooden "spurtle" or spoon to lift up any sediment into the sauce. Reduce heat to simmer, add the bouquet garni (tie up with string if fresh or in a muslin bag if dried herbs are used) and the tomato paste which you need to stir in well. Simmer with a tight cover for 2 hours - adding another 1 1/4 cups dry white wine. About 30 minutes before serving add the orange juice. When the meat is very tender remove the veal pieces, pass the sauce and vegetables through a strainer and reheat the veal knuckle pieces in the sauce. Correct the seasoning and thicken, if necessary, with a little arrowroot paste. Dish the rice with the orange pieces on a large serving plate. Pile the veal pieces on top and coat with the sauce.

Nutrition Facts



Properties

Glycemic Index:116.21, Glycemic Load:23, Inflammation Score:-10, Nutrition Score:51.328695877739%

Flavonoids

Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

Nutrients (% of daily need)

Calories: 1083.99kcal (54.2%), Fat: 45.77g (70.41%), Saturated Fat: 18.37g (114.81%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 32.76g (11.91%), Sugar: 6.02g (6.69%), Cholesterol: 391.15mg (130.38%), Sodium: 614.56mg (26.72%), Alcohol: 20.08g (100%), Alcohol %: 3.1% (100%), Protein: 91.39g (182.78%), Vitamin B3: 35.29mg (176.46%), Vitamin B6: 2.18mg (109.24%), Vitamin A: 5427.5IU (108.55%), Phosphorus: 1025.52mg (102.55%), Vitamin B12: 6.08µg (101.3%), Zinc: 14.75mg (98.31%), Vitamin B2: 1.33mg (78.36%), Vitamin B5: 6.46mg (64.57%), Selenium: 43.17µg (61.68%), Potassium: 1854.78mg (52.99%), Manganese: 0.99mg (49.4%), Iron: 7.84mg (43.55%), Magnesium: 159.6mg (39.9%), Vitamin B1: 0.48mg (31.91%), Copper: 0.64mg (31.83%), Vitamin K: 31.36µg (29.86%), Folate: 97.4µg (24.35%), Vitamin C: 16.39mg (19.87%), Calcium: 196.78mg (19.68%), Fiber: 4.3g (17.2%), Vitamin E: 2.56mg (17.1%)