



HEALTH SCORE

87%

Moroccan Braised Veal Shanks



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 cup chickpeas canned drained (garbanzo beans)
- ☐ 0.8 cup carrots diced
- ☐ 4 carrots 1-inch-thick cut into pieces (8 ounces)
- ☐ 0.8 cup celery chopped
- ☐ 2 teaspoons chili powder
- ☐ 4 cups couscous hot cooked
- ☐ 1 teaspoon marjoram dried

- ☐ 1 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 tablespoons garlic cloves chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 3 cups onion chopped
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon salt
- ☐ 3 cups sweet potatoes and into cubed peeled ()
- ☐ 2 tablespoons tomato paste
- ☐ 64 ounce veal shanks

Equipment

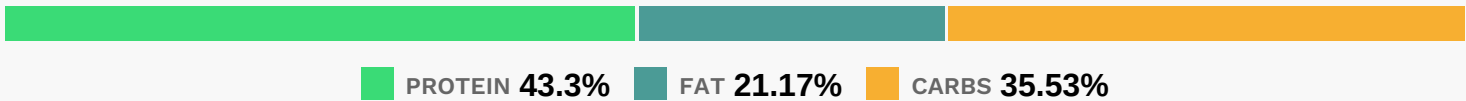
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ To prepare spice rub, combine first 6 ingredients in a small bowl. Trim fat from veal; rub surface of veal with spice rub.
- ☐ Heat oil in a large Dutch oven or large heavy stockpot over medium-high heat.
- ☐ Add veal; cook 3 minutes on each side.
- ☐ Remove from pan.

- ☐ Add onion, celery, diced carrot, garlic, and ginger; cover, reduce heat, and cook 10 minutes, stirring frequently. Stir in 1 teaspoon turmeric, paprika, and coriander.
- ☐ Add broth, wine, juice, and tomato paste, scraping pan to loosen browned bits. Return veal to pan; bring to a boil. Cover and bake at 350 for 45 minutes. Turn shanks; add squash, carrot pieces, and chick peas. Cover and bake an additional 45 minutes or until veal shreds easily with a fork.
- ☐ Remove veal from pan, and remove meat from bones.
- ☐ Serve veal and vegetable mixture over couscous.
- ☐ Garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:70, Glycemic Load:20.21, Inflammation Score:-10, Nutrition Score:47.535652326501%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg

Nutrients (% of daily need)

Calories: 649.46kcal (32.47%), Fat: 14.54g (22.37%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 54.91g (18.3%), Net Carbohydrates: 46.4g (16.87%), Sugar: 9.51g (10.57%), Cholesterol: 226.8mg (75.6%), Sodium: 1299.63mg (56.51%), Alcohol: 4.12g (100%), Alcohol %: 0.63% (100%), Protein: 66.91g (133.82%), Vitamin A: 17831.84IU (356.64%), Vitamin B3: 26.26mg (131.29%), Vitamin B6: 1.93mg (96.4%), Zinc: 13.19mg (87.95%), Selenium: 57.63µg (82.33%), Phosphorus: 730.81mg (73.08%), Vitamin B12: 4.34µg (72.33%), Vitamin B2: 0.98mg (57.93%), Potassium: 1827.65mg (52.22%), Vitamin B5: 5.17mg (51.67%), Manganese: 0.92mg (45.88%), Vitamin C: 29.52mg (35.79%), Fiber: 8.5g (34.01%), Magnesium: 134.69mg (33.67%), Vitamin B1: 0.49mg (32.68%), Folate: 122.16µg (30.54%), Iron: 5.2mg (28.92%), Copper: 0.5mg (25.07%), Vitamin E: 2.77mg (18.45%), Calcium: 182.63mg (18.26%), Vitamin K: 16.95µg (16.14%)