

Osso Buco

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup no-salt-added beef broth canned
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 29 ounce no-salt-added tomatoes diced undrained canned
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

☐ 20 ounce veal shanks

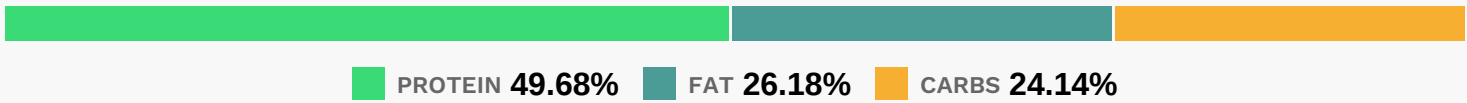
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Trim fat from veal shanks; dredge shanks in flour. Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add shanks; cook until browned on all sides.
- ☐ Remove shanks; set aside, and keep warm. Wipe drippings from Dutch oven with a paper towel.
- ☐ Coat Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add onion and carrot, and saute until tender. Stir in tomato and next 4 ingredients; add shanks. Bring to a boil; cover, reduce heat, and simmer 20 minutes. Uncover and simmer 30 additional minutes or until shanks are tender.
- ☐ Transfer each veal shank to an individual soup bowl; spoon vegetable mixture over meat. If desired, combine parsley, lemon rind, and garlic, and sprinkle evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:48.96, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:24.243043692216%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 276.21kcal (13.81%), Fat: 7.4g (11.39%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 12.39g (4.5%), Sugar: 6.8g (7.55%), Cholesterol: 113.94mg (37.98%), Sodium: 615.65mg (26.77%), Alcohol: 3.09g (100%), Alcohol %: 0.91% (100%), Protein: 31.61g (63.22%), Vitamin B3: 12.99mg (64.94%), Vitamin A: 2914.52IU (58.29%), Vitamin B6: 0.95mg (47.58%), Zinc: 6.48mg (43.22%), Vitamin B12: 2.18µg (36.32%), Phosphorus: 347.36mg (34.74%), Vitamin B2: 0.55mg (32.53%), Vitamin C: 25.35mg (30.73%), Potassium: 980.88mg (28.03%), Vitamin B5: 2.25mg (22.53%), Selenium: 15.51µg (22.16%), Iron: 3.67mg (20.38%), Vitamin B1: 0.26mg (17.43%), Magnesium: 62.32mg (15.58%), Manganese: 0.3mg (14.99%), Copper: 0.29mg (14.29%), Folate: 52.43µg (13.11%), Fiber: 2.98g (11.9%), Calcium: 106.93mg (10.69%), Vitamin E: 1.51mg (10.07%), Vitamin K: 8.49µg (8.08%)