



Osso Buco

READY IN

ready

170 min.

SERVINGS

servings

8

CALORIES

calories

251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons butter
- ☐ 8 ounce tomato sauce canned
- ☐ 1 cup carrots thinly sliced
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 3 sprigs parsley fresh

- ☐ 2 cloves garlic crushed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons salt
- ☐ 2 pounds veal shanks
- ☐ 1 cup water

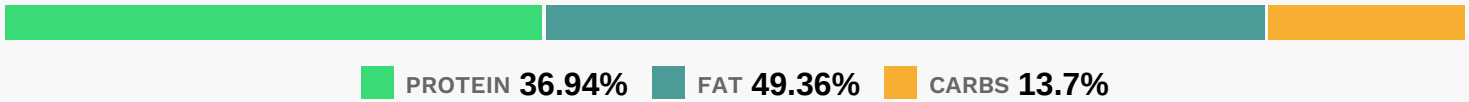
Equipment

- ☐ frying pan

Directions

- ☐ In a shallow dish, stir together flour, salt, and black pepper. Dredge meat in seasoned flour. In a large skillet, melt butter with oil over medium heat. Brown meat.
- ☐ Remove meat from pan, and set aside.
- ☐ Add onion, carrots, celery, and garlic to drippings in pan. Cook and stir for about 5 minutes.
- ☐ Stir in tomato sauce, water, basil, thyme, parsley, and bay leaf. Return meat to pan. Bring to a boil, and reduce heat to simmer. Cover, and cook for 2 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:46.23, Glycemic Load:3.67, Inflammation Score:-9, Nutrition Score:16.781739048336%

Flavonoids

Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 250.74kcal (12.54%), Fat: 13.67g (21.03%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 6.98g (2.54%), Sugar: 2.73g (3.03%), Cholesterol: 96.34mg (32.11%), Sodium: 863.83mg (37.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.05%), Vitamin A: 2994.11IU (59.88%), Vitamin B3: 9.2mg (45.98%), Zinc: 4.73mg (31.56%), Vitamin B6: 0.59mg (29.42%), Vitamin B12: 1.55µg (25.85%), Phosphorus: 244.71mg (24.47%), Vitamin B2: 0.37mg (21.47%), Vitamin K: 18.93µg (18.03%), Vitamin B5: 1.67mg (16.66%), Potassium: 552.98mg (15.8%), Selenium: 10.77µg (15.38%), Vitamin B1: 0.15mg (10.07%), Iron: 1.77mg (9.82%), Vitamin E: 1.44mg (9.61%), Folate: 37.34µg (9.33%), Magnesium: 35.62mg (8.9%), Manganese: 0.17mg (8.4%), Copper: 0.15mg (7.6%), Vitamin C: 5.41mg (6.55%), Fiber: 1.56g (6.24%), Calcium: 49.62mg (4.96%)