



WHATSheATE



HEALTH SCORE

90%

Osso Buco



Dairy Free



Very Healthy

READY IN



503 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

☐ 14.5 ounce canned tomatoes diced canned recommended: Muir Glen

☐ 2 cups carrots frozen sliced

☐ 1 cup celery diced 2 ribs

☐ 1.5 cups chicken stock see

☐ 0.5 cup flour all-purpose

☐ 2 teaspoons penzey's southwest seasoning italian recommended: McCormick

☐ 3 tablespoons olive oil

☐ 1 cup pearl onions frozen

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 cups turnips chopped
- ☐ 4 center cut veal shanks dry rinsed
- ☐ 0.5 cup white wine

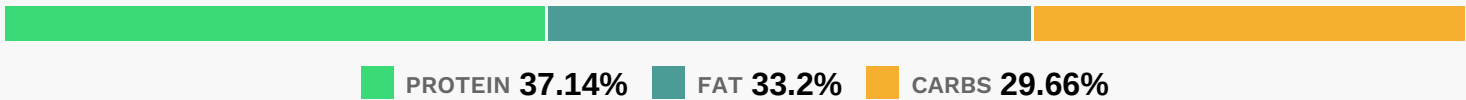
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker
- ☐ kitchen twine

Directions

- ☐ Use kitchen twine to tie the veal shanks around the circumference and season with salt and pepper. Dredge them in the flour and shake of any excess.
- ☐ Heat a large saute pan with the 3 tablespoons of olive oil over high heat.
- ☐ Add the floured shanks and brown on both sides, about 4 minutes per side.
- ☐ Remove to plate.
- ☐ Combine turnips, celery, carrots, pearl onions, and tomatoes in the bottom of a preheated 5-quart slow cooker.
- ☐ Place veal shanks on top of vegetables.
- ☐ In a small bowl, stir together the chicken stock, red wine, and Italian seasoning.
- ☐ Pour into the slow cooker over veal shanks.
- ☐ Cover and cook on LOW setting for 8 to 10 hours.
- ☐ Strain and remove the fat from the cooking liquid.
- ☐ Serve as a sauce on the side.

Nutrition Facts



Properties

Glycemic Index:85.96, Glycemic Load:16.43, Inflammation Score:-10, Nutrition Score:41.23086987371%

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 Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 569.5kcal (28.47%), Fat: 20.25g (31.16%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 40.71g (13.57%), Net Carbohydrates: 33.51g (12.19%), Sugar: 14.67g (16.29%), Cholesterol: 172.2mg (57.4%), Sodium: 566.76mg (24.64%), Alcohol: 3.09g (100%), Alcohol %: 0.57% (100%), Protein: 50.97g (101.95%), Vitamin A: 11047.6IU (220.95%), Vitamin B3: 21.57mg (107.87%), Vitamin B6: 1.47mg (73.29%), Zinc: 10.06mg (67.05%), Phosphorus: 575.92mg (57.59%), Vitamin B2: 0.91mg (53.51%), Vitamin B12: 3.07µg (51.23%), Potassium: 1638.25mg (46.81%), Vitamin C: 32.24mg (39.08%), Selenium: 26.74µg (38.2%), Vitamin B5: 3.74mg (37.35%), Manganese: 0.69mg (34.68%), Vitamin B1: 0.51mg (34.26%), Vitamin K: 34.64µg (32.99%), Folate: 125.28µg (31.32%), Fiber: 7.2g (28.78%), Iron: 5.05mg (28.04%), Copper: 0.55mg (27.56%), Magnesium: 104.44mg (26.11%), Vitamin E: 3.54mg (23.59%), Calcium: 168.73mg (16.87%)