



 **79%**  
HEALTH SCORE

## Osso Buco

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 veal shanks
- 4 tablespoons parsley chopped
- 1 of lemon zest grated
- 6 servings flour
- 6 servings bell pepper for dredging
- 6 servings bell pepper for dredging
- 4 tablespoons olive oil
- 3 cloves garlic finely chopped

- 1 onion finely chopped
- 1 cup chicken stock see boiling
- 1 cup wine dry white
- 4 tablespoons tomato sauce

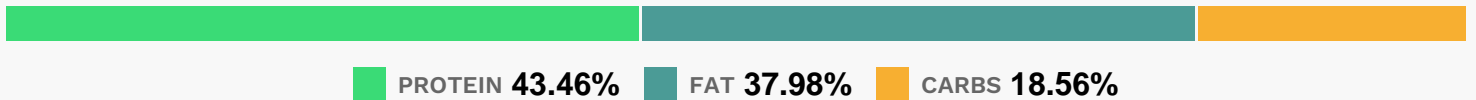
## Equipment

- frying pan

## Directions

- Dredge veal in seasoned flour and saute in olive oil until lightly browned on all sides.
- Add garlic and onion.
- Pour boiling stock, white wine and tomato sauce over meat. Cover pan and simmer 1 1/2 hours or until meat is tender.
- Add parsley and grated lemon rind.
- Serve over saffron rice.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:6.89, Inflammation Score:-9, Nutrition Score:39.747391304348%

## 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 Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg, Apigenin: 5.76mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Taste

Sweetness: 29.35%, Saltiness: 100%, Sourness: 30.1%, Bitterness: 23.75%, Savoriness: 68.28%, Fattiness: 65.42%, Spiciness: 100%

## **Nutrients (% of daily need)**

Calories: 464.13kcal (23.21%), Fat: 18.28g (28.12%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 16.16g (5.88%), Sugar: 8.47g (9.41%), Cholesterol: 170.7mg (56.9%), Sodium: 305.23mg (13.27%), Alcohol: 4.12g (22.89%), Protein: 47.06g (94.13%), Vitamin C: 197.09mg (238.89%), Vitamin A: 4934.92IU (98.7%), Vitamin B3: 19.6mg (97.99%), Vitamin B6: 1.52mg (76.1%), Zinc: 9.65mg (64.31%), Vitamin K: 57.29µg (54.57%), Vitamin B12: 3.07µg (51.23%), Phosphorus: 508.38mg (50.84%), Vitamin B2: 0.83mg (48.54%), Vitamin B5: 3.51mg (35.14%), Potassium: 1180.07mg (33.72%), Folate: 127.07µg (31.77%), Selenium: 21.83µg (31.19%), Vitamin E: 3.88mg (25.89%), Vitamin B1: 0.35mg (23.34%), Magnesium: 77.66mg (19.41%), Iron: 3.28mg (18.21%), Manganese: 0.35mg (17.44%), Fiber: 3.93g (15.72%), Copper: 0.25mg (12.69%), Calcium: 73.88mg (7.39%)