



Osso Buco



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound pancetta diced
- ☐ 2.5 pounds veal shanks thick (4 to 6 pieces 2-3 inches)
- ☐ 0.5 cup carrots diced ()
- ☐ 0.5 cup celery diced ()
- ☐ 1 medium onion diced
- ☐ 4 cloves garlic chopped
- ☐ 3 sprigs thyme leaves dried fresh (or 1 tsp.)
- ☐ 1 cup cooking wine dry white

- ☐ 1 cups veal stock
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons flat parsley italian minced ()
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 cloves garlic minced crushed

Equipment

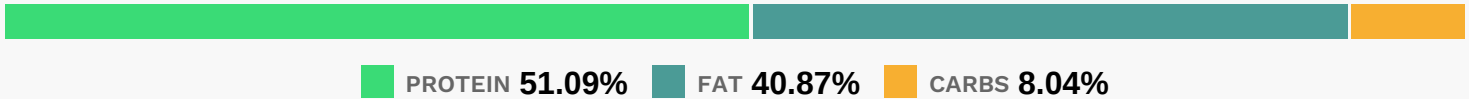
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325°F.
- ☐ Heat a dutch oven on the stove top over medium heat for about five minutes.
- ☐ Add pancetta to pan, cook, stirring occasionally.
- ☐ When the pancetta is crispy and most of the fat has rendered (about 5 minutes of cooking), remove the pancetta to a plate covered with some paper towel and set aside.
- ☐ If necessary, drain off all but two tablespoons of the fat from the pan.
- ☐ Dredge shanks in flour, brown in pan: Season the veal shank well with salt and pepper. Dredge the veal shanks through some flour, shake off any excess, and add the meat to the hot fat in the pan.
- ☐ Increase the heat to medium high and cook the meat on each side until well browned (about 5 minutes per side).
- ☐ Remove the shanks to a plate, set aside.
- ☐ Add the onions, carrots, and celery to the dutch oven. Cook the onion mixture, stirring frequently, until the onions are translucent (about five minutes) and toss in the garlic and thyme.
- ☐ Continue cooking until the vegetables just begin to brown (about 10 minutes).

- ☐ Return shanks to pan, add wine and stock:
- ☐ Add the shanks and the pancetta back to the pan.
- ☐ Pour in the wine, and then add enough stock to come a little more than half way up the side of the shanks.
- ☐ Bring to a simmer. Cover the pan and put it in the oven to cook until the meat is tender, about an hour to an hour and a half.
- ☐ Combine the gremolata ingredients, place in a separate small serving dish.
- ☐ Serve on top of risotto or polenta.
- ☐ Sprinkle with gremolata.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:35.23434800687%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 525.09kcal (26.25%), Fat: 21.36g (32.86%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.74g (2.81%), Sugar: 3.13g (3.48%), Cholesterol: 231.33mg (77.11%), Sodium: 766.03mg (33.31%), Alcohol: 6.18g (100%), Alcohol %: 1.58% (100%), Protein: 60.07g (120.13%), Vitamin B3: 23.2mg (116.01%), Zinc: 12.05mg (80.3%), Vitamin B6: 1.51mg (75.3%), Vitamin B12: 4µg (66.62%), Phosphorus: 638.04mg (63.8%), Vitamin A: 2938.82IU (58.78%), Vitamin B2: 0.88mg (51.84%), Vitamin K: 51.96µg (49.48%), Selenium: 29.76µg (42.52%), Vitamin B5: 3.99mg (39.92%), Potassium: 1261.75mg (36.05%), Vitamin B1: 0.37mg (24.42%), Iron: 3.87mg (21.48%), Magnesium: 83.2mg (20.8%), Folate: 62.56µg (15.64%), Manganese: 0.31mg (15.41%), Copper: 0.3mg (15.04%), Vitamin C: 9.74mg (11.81%), Calcium: 112.18mg (11.22%), Fiber: 1.71g (6.86%), Vitamin E: 0.35mg (2.34%)