



HEALTH SCORE

70%

Osso Buco with Gremolata



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 cup celery chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon lemon rind fresh grated

- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 0.3 cup marsala wine
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt divided
- ☐ 32 ounce veal shanks

Equipment

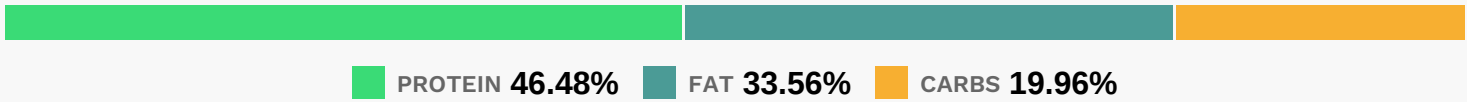
- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Sprinkle veal shanks evenly with 1/4 teaspoon salt and pepper; dredge in flour, shaking off excess.
- ☐ Heat 1 tablespoon oil in a Dutch oven over medium-high heat.
- ☐ Add veal shanks, and cook 5 minutes on each side or until browned.
- ☐ Remove veal from pan.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-high heat.
- ☐ Add carrots, onion, celery, and 3 garlic cloves; saut 6 minutes.
- ☐ Add remaining 1/4 teaspoon salt, Marsala, and broth; bring to a boil. Return veal to pan. Reduce heat, cover, and simmer 1 hour. Uncover and simmer 30 minutes.
- ☐ While veal is simmering, combine parsley, lemon rind, and 2 garlic cloves.
- ☐ Place 1 veal shank in each of 4 shallow bowls; spoon about 3/4 cup sauce over each serving, and sprinkle each with 1 tablespoon gremolata.
- ☐ Place browned shanks in a 5-quart electric slow cooker; top with sauted vegetables.
- ☐ Add remaining 1/4 teaspoon salt, Marsala, and broth. Cover with lid; cook on HIGH 1 hour. Reduce heat to LOW; cook 5 hours.
- ☐ Serve with gremolata.

☐ Osso Buco (AW–soh BOO–koh), or braised veal shanks, is the ultimate in rustic Italian cooking.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:34.354782436205%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 435.16kcal (21.76%), Fat: 15.2g (23.39%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 16.81g (6.11%), Sugar: 6.75g (7.5%), Cholesterol: 170.1mg (56.7%), Sodium: 739.78mg (32.16%), Alcohol: 3.06g (100%), Alcohol %: 0.78% (100%), Protein: 47.37g (94.74%), Vitamin A: 9258.99IU (185.18%), Vitamin B3: 17.98mg (89.92%), Vitamin K: 80.19µg (76.38%), Zinc: 9.42mg (62.79%), Vitamin B6: 1.18mg (59.03%), Vitamin B12: 3.08µg (51.41%), Phosphorus: 487.76mg (48.78%), Vitamin B2: 0.71mg (41.61%), Potassium: 1256.46mg (35.9%), Vitamin B5: 3.38mg (33.82%), Selenium: 22.11µg (31.58%), Folate: 88.25µg (22.06%), Manganese: 0.41mg (20.25%), Vitamin B1: 0.3mg (19.9%), Iron: 3.23mg (17.94%), Magnesium: 68.07mg (17.02%), Copper: 0.3mg (15.03%), Vitamin C: 12.21mg (14.8%), Fiber: 3.53g (14.13%), Calcium: 103.01mg (10.3%), Vitamin E: 1.13mg (7.51%)