



Osso Buco with Gremolata

READY IN



45 min.

SERVINGS



8

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 4 cups beef broth
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons butter divided
- ☐ 1.5 cups celery chopped
- ☐ 2 cups wine dry white
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped

- ☐ 2 garlic clove minced
- ☐ 6 garlic clove minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon lemon zest grated
- ☐ 2 teaspoons olive oil divided
- ☐ 8 cups pappardelle hot cooked uncooked (1 pound wide ribbon pasta)
- ☐ 2 cups onion red coarsely chopped
- ☐ 5 pounds veal shanks trimmed

Equipment

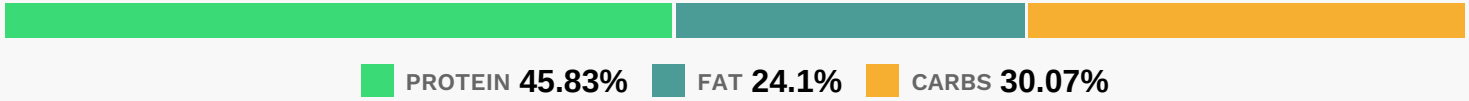
- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ To prepare the osso buco, combine flour, 1/4 teaspoon pepper, and 1/4 teaspoon salt in a shallow dish. Dredge veal in flour mixture.
- ☐ Heat 1 teaspoon butter and 1 teaspoon oil in a large skillet over medium heat.
- ☐ Add half of veal; cook 6 minutes, browning on both sides.
- ☐ Place browned veal in a large electric slow cooker. Repeat procedure with remaining butter, oil, and veal.
- ☐ Add onion and celery to pan; saut 5 minutes over medium-high heat or until tender.
- ☐ Add 6 garlic cloves to pan; saut 1 minute. Stir in broth, wine, rosemary, and anchovy paste, scraping pan to loosen browned bits. Bring to a boil; cook 4 minutes.
- ☐ Pour over veal.
- ☐ Cover and cook on low 9 hours or until done.
- ☐ Sprinkle veal with 1/2 teaspoon pepper and 1/4 teaspoon salt.
- ☐ Remove veal from cooker; cool slightly.
- ☐ To prepare gremolata, combine parsley, lemon rind, and 2 garlic cloves.

- ☐
- Place 1 cup pasta in each of 8 pasta bowls. Top each serving with 2/3 cup veal and 1/2 cup broth mixture. Reserve remaining broth mixture for another use.
- ☐
- Sprinkle each serving with 1 tablespoon gremolata.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:19.57, Inflammation Score:-8, Nutrition Score:37.406956877397%

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: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 605.63kcal (30.28%), Fat: 14.71g (22.63%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 38.44g (13.98%), Sugar: 3.06g (3.4%), Cholesterol: 246.88mg (82.29%), Sodium: 939.2mg (40.83%), Alcohol: 6.18g (100%), Alcohol %: 1.21% (100%), Protein: 62.95g (125.9%), Vitamin B3: 23.75mg (118.77%), Zinc: 12.35mg (82.33%), Selenium: 53.54µg (76.48%), Vitamin B6: 1.44mg (72.11%), Phosphorus: 686.21mg (68.62%), Vitamin B12: 4.05µg (67.53%), Vitamin K: 68.77µg (65.49%), Vitamin B2: 0.9mg (53.15%), Vitamin B5: 4.18mg (41.83%), Potassium: 1204.89mg (34.43%), Manganese: 0.66mg (32.96%), Magnesium: 102.63mg (25.66%), Vitamin B1: 0.38mg (25.07%), Folate: 92.7µg (23.18%), Iron: 4.17mg (23.15%), Copper: 0.38mg (18.79%), Vitamin C: 10.49mg (12.72%), Calcium: 118.27mg (11.83%), Fiber: 2.85g (11.4%), Vitamin A: 464.38IU (9.29%), Vitamin E: 0.51mg (3.43%)