

health-score100%

HEALTH SCORE

Osso Buco with Toasted Pine Nut Gremolata

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

200 min.

SERVINGS

servings

4

CALORIES

calories

1192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 carrots shredded finely
- ☐ 1 medium carrots chopped
- ☐ 1 slices celery stalk chopped
- ☐ 2 cups chicken stock see
- ☐ 2 cups cooking wine dry white
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 tablespoons thyme leaves dried fresh (or 2 tablespoons leaves)
- ☐ 4 cloves garlic thinly sliced

- ☐ 1 lemon zest
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 1 small onion spanish chopped
- ☐ 0.3 cup parsley italian finely chopped
- ☐ 0.3 cup pinenuts dark toasted
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper
- ☐ 56 ounce tomatoes mixed crushed canned
- ☐ 3.5 pounds veal shanks thick
- ☐ 3 ounces virgin olive oil

Equipment

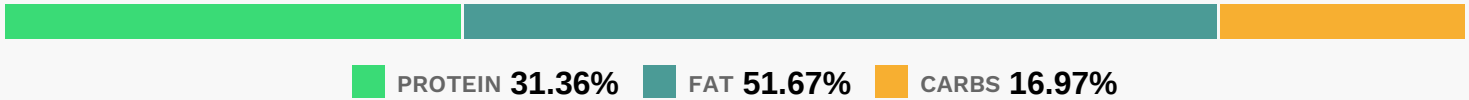
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F. Season the shanks all over with salt and pepper. In a heavy-bottomed 6 to 8 quart casserole, heat the olive oil until smoking.
- ☐ Place the shanks in the pan and brown all over, turning to get every surface, 12 to 15 minutes.
- ☐ Remove the shanks and set aside. Reduce the heat to medium, add the carrot, onion, celery and thyme leaves and cook, stirring regularly, until golden brown and slightly softened, 8 to 10 minutes.
- ☐ Add the tomato sauce, chicken stock and wine and bring to a boil.
- ☐ Place shanks back into pan, making sure they are submerged at least halfway. If shanks are not covered halfway, add more stock. Cover the pan with tight-fitting lid of aluminum foil.
- ☐ Place in oven for 2 to 2 1/2 hours and cook until meat is nearly falling off the bone.
- ☐ Remove the casserole from the oven and let stand 10 minutes before serving with Gremolata.

- ☐
- Saute onion and garlic in olive oil over medium heat for about 10 minutes, or until translucent but not browned.
- ☐
- Add thyme and carrot, cook 5 minutes over medium heat and add tomatoes. Bring to boil, lower heat to just bubbling and simmer 30 minutes, stirring occasionally. Season with salt to taste and set aside.
- ☐
- Mix the parsley, pine nuts and lemon zest loosely in a small bowl. Set aside until ready to serve.

Nutrition Facts



Properties

Glycemic Index:96.17, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:68.964782714844%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.39mg, Apigenin: 8.39mg, Apigenin: 8.39mg, Apigenin: 8.39mg Luteolin: 4.88mg, Luteolin: 4.88mg, Luteolin: 4.88mg, Luteolin: 4.88mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 1192.02kcal (59.6%), Fat: 64.72g (99.57%), Saturated Fat: 11.08g (69.25%), Carbohydrates: 47.83g (15.94%), Net Carbohydrates: 36.76g (13.37%), Sugar: 23.93g (26.59%), Cholesterol: 301.27mg (100.42%), Sodium: 1444.91mg (62.82%), Alcohol: 12.36g (100%), Alcohol %: 1.34% (100%), Protein: 88.4g (176.79%), Vitamin B3: 37.39mg (186.96%), Vitamin B6: 2.64mg (131.82%), Zinc: 18.17mg (121.1%), Vitamin K: 116.57µg (111.02%), Vitamin A: 5498.66IU (109.97%), Phosphorus: 1026.78mg (102.68%), Manganese: 1.97mg (98.69%), Vitamin B12: 5.4µg (89.96%), Vitamin B2: 1.49mg (87.79%), Potassium: 2909.92mg (83.14%), Vitamin E: 12.07mg (80.43%), Vitamin C: 66.18mg (80.22%), Iron: 11.75mg (65.28%), Copper: 1.3mg (65.17%), Vitamin B5: 6.51mg (65.07%), Magnesium: 227.64mg (56.91%), Selenium: 37.25µg (53.21%), Vitamin B1: 0.74mg (49.4%), Fiber: 11.08g (44.31%), Folate: 144.9µg (36.22%), Calcium: 303.87mg (30.39%)