



## Osso Buco with Tomatoes, Olives, and Gremolata

READY IN



285 min.

SERVINGS



10

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black to taste
- 28 oz frangelico whole with juice (not in purée), coarsely chopped canned
- 1 small carrots finely chopped
- 1 rib celery stalks finely chopped
- 1 cup chicken broth
- 1 cup wine dry white
- 2 parsley fresh
- 0.5 cup flour all-purpose

- 3 tablespoons parsley fresh chopped
- 1.5 teaspoons thyme sprigs fresh
- 1 large garlic clove minced
- 2 garlic clove finely chopped
- 1 cup olives black pitted halved
- 1 inch lemon zest fresh fine
- 1 teaspoon lemon zest fresh finely grated
- 2 tablespoons olive oil
- 2 medium onion halved lengthwise thinly sliced
- 1 teaspoon salt to taste
- 1 bay leaves
- 3 tablespoons butter unsalted
- 10 oz veal shanks with kitchen string (osso buco;)

## Equipment

- bowl
- oven
- pot
- roasting pan
- aluminum foil
- ziploc bags

## Directions

- Preheat oven to 325F.
- Pat shanks dry and season with salt and pepper. Divide shanks and flour between 2 large sealable plastic bags and shake to coat, then remove shanks from bags, shaking off excess flour.
- Heat oil and 2 tablespoons butter in ovenproof pot over moderately high heat until foam subsides, then brown shanks well in 2 batches, 10 to 12 minutes per batch, transferring to a plate.

- Reduce heat to moderate and add remaining tablespoon butter to pot along with onions, carrot, celery, and garlic and cook, stirring, until onions are pale golden, about 5 minutes.
- Add remaining stew ingredients and bring to a boil, stirring. Arrange shanks in pot in 1 layer and return to a simmer. Cover pot and braise shanks in middle of oven until very tender, about 2 1/2 hours.
- Remove strings from osso buco and discard along with parsley sprigs and bay leaf.
- Stir together gremolata ingredients in a small bowl and sprinkle over osso buco.
- Serve immediately.
- Cooks' notes: Osso buco (without gremolata) can be made 1 day ahead. Cool completely, uncovered, then chill, covered. Reheat, covered, in a 325F oven 30 to 40 minutes. Osso buco can also be cooked in a large roasting pan. Straddle pan across 2 burners for browning and boiling, then cover pan tightly with foil for braising.

## Nutrition Facts

**PROTEIN 18.38%** **FAT 57.01%** **CARBS 24.61%**

### Properties

Glycemic Index:39.68, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:7.5704348048438%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 3.03mg, Apigenin: 3.03mg, Apigenin: 3.03mg, Apigenin: 3.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

### Nutrients (% of daily need)

Calories: 163.82kcal (8.19%), Fat: 9.43g (14.51%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 7.85g (2.85%), Sugar: 1.64g (1.82%), Cholesterol: 30.76mg (10.25%), Sodium: 561.41mg (24.41%), Alcohol: 2.47g (100%), Alcohol %: 1.47% (100%), Protein: 6.84g (13.68%), Vitamin K: 26.2µg (24.95%), Vitamin A: 1128.33IU (22.57%), Vitamin B3: 2.7mg (13.51%), Vitamin B6: 0.19mg (9.55%), Zinc: 1.31mg (8.75%), Vitamin B2: 0.14mg (8.23%), Phosphorus: 78.59mg (7.86%), Manganese: 0.16mg (7.82%), Vitamin E: 1.08mg (7.19%), Selenium: 4.89µg (6.99%), Vitamin B12: 0.4µg (6.62%), Vitamin B1: 0.1mg (6.51%), Vitamin C: 5.14mg (6.23%), Folate: 24.01µg

(6%), Potassium: 187.41mg (5.35%), Fiber: 1.31g (5.25%), Iron: 0.9mg (5.03%), Vitamin B5: 0.47mg (4.7%), Magnesium: 16.01mg (4%), Copper: 0.07mg (3.53%), Calcium: 30.57mg (3.06%)