



Osso Buco with Tomatoes, Olives, and Gremolata

READY IN



4500 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 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

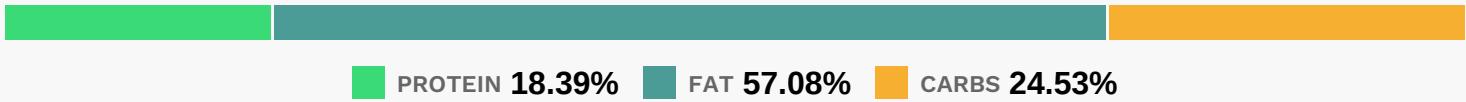
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 325°F.
- ☐ 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.
- ☐ • Osso buco (without gremolata) can be made 1 day ahead. Cool completely, uncovered, then chill, covered. Reheat, covered, in a 325°F 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



Properties

Glycemic Index:39.68, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:7.5417391385721%

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: 163.7kcal (8.19%), Fat: 9.43g (14.51%), Saturated Fat: 3.15g (19.67%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.83g (2.85%), Sugar: 1.62g (1.81%), Cholesterol: 30.76mg (10.25%), Sodium: 561.4mg (24.41%), Alcohol: 2.47g (100%), Alcohol %: 1.47% (100%), Protein: 6.84g (13.67%), Vitamin K: 26.2µg (24.95%), Vitamin A: 1128.21IU (22.56%), Vitamin B3: 2.7mg (13.51%), Vitamin B6: 0.19mg (9.53%), Zinc: 1.31mg (8.75%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 78.56mg (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 (6.5%), Folate: 23.98µg (5.99%), Vitamin C: 4.81mg (5.83%),

Potassium: 187mg (5.34%), Fiber: 1.29g (5.14%), Iron: 0.9mg (5.02%), Vitamin B5: 0.47mg (4.69%), Magnesium: 15.97mg (3.99%), Copper: 0.07mg (3.52%), Calcium: 30.23mg (3.02%)