



Ossobuco Tagine

 Dairy Free  Very Healthy

READY IN



210 min.

SERVINGS



2

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 0.5 cup carrots diced
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 cup celery diced
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 cup apricots dried coarsely chopped

- ☐ 0.3 cup flour
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon ginger grated
- ☐ 1 tablespoon harissa
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup prune- cut to pieces coarsely chopped
- ☐ 1 pinch saffron threads
- ☐ 2 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 teaspoon turmeric
- ☐ 2 veal shanks with skin
- ☐ 1 cup veal stock
- ☐ 1 cup white wine

Equipment

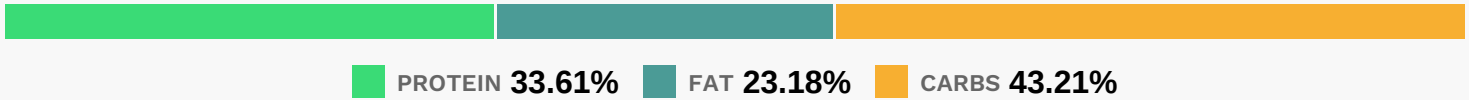
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Season the veal with salt and pepper and dredge in the flour, shaking off any excess.
- ☐ Heat the oil in a large oven proof pan over medium-high heat. Brown the veal on all sides and set aside.
- ☐ Add the onions, carrots, celery and saute over medium heat until tender, about 10-15 minutes.
- ☐ Add the garlic and ginger and saute until fragrant, about 1 minute.
- ☐ Add the wine and deglaze the pan.

- ☐ Add the stock, tomatoes, tomato paste, apricots, prunes, harissa, paprika, cayenne, cumin, turmeric, cinnamon, saffron, bay leaves, salt and pepper and bring to a boil.
- ☐ Add the veal, cover, transfer to a preheated 350F/180C oven and braise until the veal is fall off the bone tender, about 2–3 hours. Check the pot every once in a while and if the liquid drops below half way up the veal, add some more stock.

Nutrition Facts



Properties

Glycemic Index:259.12, Glycemic Load:22.77, Inflammation Score:-10, Nutrition Score:48.009130809618%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 706.14kcal (35.31%), Fat: 16.46g (25.32%), Saturated Fat: 3.65g (22.78%), Carbohydrates: 69.04g (23.01%), Net Carbohydrates: 58.74g (21.36%), Sugar: 33.32g (37.03%), Cholesterol: 169.5mg (56.5%), Sodium: 1102.28mg (47.93%), Alcohol: 12.36g (100%), Alcohol %: 1.85% (100%), Protein: 53.7g (107.41%), Vitamin A: 7425.6IU (148.51%), Vitamin B3: 23.25mg (116.24%), Vitamin B6: 1.72mg (86.12%), Zinc: 10.57mg (70.48%), Potassium: 2380.15mg (68%), Phosphorus: 652.14mg (65.21%), Vitamin B2: 1.05mg (61.8%), Manganese: 1.09mg (54.61%), Vitamin B12: 3.07µg (51.23%), Iron: 7.8mg (43.33%), Copper: 0.85mg (42.46%), Fiber: 10.3g (41.2%), Vitamin K: 43.15µg (41.1%), Vitamin B5: 4.03mg (40.34%), Selenium: 27.9µg (39.86%), Vitamin B1: 0.58mg (38.83%), Magnesium: 147.78mg (36.95%), Vitamin E: 5.5mg (36.66%), Vitamin C: 29mg (35.15%), Folate: 120.52µg (30.13%), Calcium: 207.53mg (20.75%)