



HEALTH SCORE

100%

Ossobuco with Tuscan-style Bean and Fennel Ragout



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz .5 can cannellini beans rinsed drained canned
- ☐ 0.7 cup carrots diced
- ☐ 0.7 cup celery diced
- ☐ 1 cup cooking wine dry white
- ☐ 2.5 cups fat-skimmed chicken broth
- ☐ 1 head fennel bulb ()
- ☐ 1 tablespoon sage leaves or dried fresh minced

- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 4 servings sage sprigs fresh rinsed
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup tomato paste
- ☐ 4 pounds veal shanks cut into 2- to 3-inch lengths (see notes)

Equipment

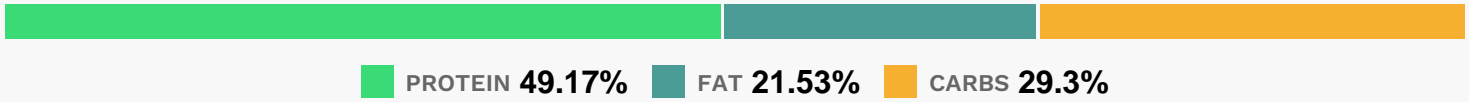
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Rinse veal shanks and pat dry.
- ☐ Sprinkle lightly all over with salt and pepper, and place in a single layer in a 12- by 17-inch roasting pan.
- ☐ Bake, uncovered, in a 450 regular or convection oven until shanks are beginning to brown, about 15 minutes.
- ☐ Meanwhile, rinse and drain fennel. Trim off stalks; chop enough feathery green leaves to make 1 tablespoon (reserve for gremolata, following) and discard remaining greens and stalks. Trim and discard root end and any bruised areas from fennel head.
- ☐ Cut head lengthwise into quarters, then thinly slice crosswise. In a bowl, mix fennel, onion, carrots, celery, and garlic with olive oil to coat.
- ☐ With tongs, turn shanks. Distribute vegetables around shanks in pan.
- ☐ Bake until shanks are well browned and vegetables are beginning to brown, about 15 minutes longer.

- ☐ Add broth, wine, tomato paste, and sage to pan; stir carefully to mix and scrape browned bits free. Cover pan tightly with foil.
- ☐ Bake in a 325 regular or convection oven until meat is very tender when pierced, 1 1/2 to 2 hours. Increase oven temperature to 40
- ☐ Uncover pan and gently stir beans into sauce around shanks.
- ☐ Bake, uncovered, until bean mixture is simmering and slightly thickened, 20 to 30 minutes longer.
- ☐ Spoon equal portions of ossobuco and ragout into four wide, shallow bowls, arranging veal pieces on top of bean mixture.
- ☐ Sprinkle equally with gremolata.
- ☐ Garnish with sage sprigs.
- ☐ Add salt and pepper to taste.
- ☐ Gremolata. In a small bowl, mix 1 tablespoon minced parsley, 1 tablespoon minced fennel greens (see Ossobuco, preceding), 1 teaspoon grated lemon peel, and 1 clove garlic, peeled and minced.

Nutrition Facts



Properties

Glycemic Index:67.96, Glycemic Load:15.35, Inflammation Score:-10, Nutrition Score:64.522174005923%

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 Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.81mg, Quercetin: 11.81mg, Quercetin: 11.81mg, Quercetin: 11.81mg

Nutrients (% of daily need)

Calories: 911.33kcal (45.57%), Fat: 20.56g (31.63%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 62.96g (20.99%), Net Carbohydrates: 48.29g (17.56%), Sugar: 9.36g (10.4%), Cholesterol: 340.19mg (113.4%), Sodium: 1359.43mg (59.11%), Alcohol: 6.18g (100%), Alcohol %: 0.75% (100%), Protein: 105.67g (211.34%), Copper: 5.67mg (283.52%), Vitamin B3: 36.15mg (180.74%), Zinc: 21.02mg (140.15%), Vitamin B6: 2.39mg (119.46%), Phosphorus: 1160.67mg (116.07%), Vitamin B12: 6.45µg (107.54%), Potassium: 3092.45mg (88.36%), Manganese: 1.69mg (84.55%), Vitamin B2: 1.42mg (83.43%), Vitamin A: 3968.95IU (79.38%), Vitamin B5: 6.79mg (67.87%), Iron: 11.52mg (64.03%), Selenium: 44.35µg (63.36%), Folate: 246.97µg (61.74%), Magnesium: 241.14mg (60.28%), Fiber: 14.67g (58.69%), Vitamin K: 55.13µg (52.5%), Vitamin B1: 0.64mg (42.89%), Calcium: 332.26mg (33.23%), Vitamin E: 3.43mg (22.84%), Vitamin C: 17.21mg (20.86%)