



## Pork Osso Bucco

READY IN



135 min.

SERVINGS



6

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 pound butter softened
- ☐ 0.5 cup small-diced carrots
- ☐ 0.5 cup small-diced celery
- ☐ 2 tablespoons grapeseed oil
- ☐ 0.5 cup small-diced onions
- ☐ 6 pork shanks
- ☐ 2 cups red wine such as cabernet
- ☐ 3 tablespoons salt and pepper plus more for seasoning
- ☐ 6 servings seasonal vegetables for serving

☐ 4 cups veal stock prepared

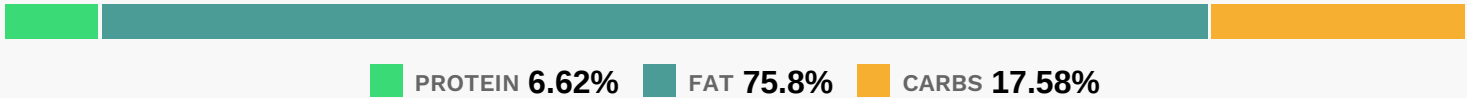
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Drizzle the shanks with the oil and sprinkle with the salt and pepper blend, ensuring the seasoning is even. Next, place the shanks, mirepoix (carrots, celery, onions), 2 cups veal stock and the red wine in a roasting pan. Cover with foil and bake in the oven for 2 hours.
- ☐ Once cooked, removed from the oven and remove the shanks from the simmered stock. Next, pour the simmered stock through a strainer into a medium saucepan.
- ☐ Next, heat the simmered stock and remaining 2 cups veal stock over medium heat and slow simmer. Season with salt and pepper.
- ☐ Remove from the heat and stir in the butter to finish.
- ☐ Serve with seasonal vegetables or pasta.

Nutrition Facts



Properties

Glycemic Index:44.97, Glycemic Load:4.85, Inflammation Score:-10, Nutrition Score:14.121739113622%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin:

0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 471.39kcal (23.57%), Fat: 36.02g (55.42%), Saturated Fat: 20.04g (125.27%), Carbohydrates: 18.8g (6.27%), Net Carbohydrates: 14.5g (5.27%), Sugar: 2.57g (2.85%), Cholesterol: 81.93mg (27.31%), Sodium: 4109.57mg (178.68%), Alcohol: 8.48g (100%), Alcohol %: 2.58% (100%), Protein: 7.08g (14.16%), Vitamin A: 7387.31IU (147.75%), Potassium: 679.09mg (19.4%), Manganese: 0.38mg (18.9%), Fiber: 4.3g (17.2%), Vitamin B2: 0.28mg (16.39%), Vitamin E: 2.34mg (15.57%), Vitamin B3: 2.94mg (14.7%), Phosphorus: 142.62mg (14.26%), Vitamin C: 11.34mg (13.75%), Vitamin B6: 0.26mg (13.22%), Vitamin B1: 0.19mg (12.66%), Magnesium: 47.24mg (11.81%), Iron: 1.79mg (9.92%), Folate: 39.11µg (9.78%), Copper: 0.19mg (9.52%), Vitamin K: 7.05µg (6.72%), Calcium: 63.26mg (6.33%), Zinc: 0.92mg (6.12%), Selenium: 3.15µg (4.51%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.07µg (1.16%)