




 **54%**  
HEALTH SCORE

# Port-braised Lamb Shanks


 **Gluten Free**  **Dairy Free**

READY IN




**45 min.**

SERVINGS



**3**

CALORIES



**459 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 2 teaspoons garlic minced pressed
- 3 lamb shanks fat trimmed
- 2 leek ()
- 1 tablespoon olive oil
- 1 pound cranberry-orange relish rinsed thinly sliced (ends discarded)
- 0.5 teaspoon pepper
- 0.7 cup port wine
- 0.5 teaspoon salt

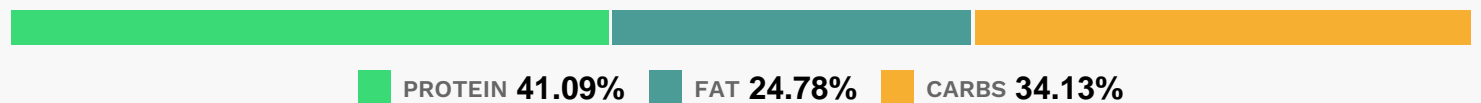
## Equipment

- bowl
- frying pan
- oven
- dutch oven

## Directions

- Trim root ends, coarse tops, and outer layers from leeks; cut leeks in half lengthwise. Rinse under running water, flipping layers to flush out grit. Coarsely chop.
- Pour oil into a 6- to 8-quart Dutch oven or ovenproof pan over medium-high heat. When hot, add leeks and garlic; stir often until leeks are limp, about 10 minutes.
- Meanwhile, rinse lamb shanks and pat dry.
- Add lamb, 1 cup water, orange slices, port, Cointreau, 1/2 teaspoon salt, and 1/2 teaspoon pepper to pan. Cover and bring to a simmer.
- Transfer pan to a 325 regular or convection oven and bake until lamb is very tender when pierced, 2 to 2 1/2 hours. Check occasionally; if pan gets too dry, add water, 1/4 cup at a time, as needed. Uncover and bake until meat is well browned, 10 to 20 minutes longer.
- Serve from pan, or spoon into a wide, shallow bowl.
- Add more salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:8.62, Inflammation Score:-9, Nutrition Score:32.863912997038%

## Flavonoids

Petunidin: 3.54mg, Petunidin: 3.54mg, Petunidin: 3.54mg, Petunidin: 3.54mg Delphinidin: 2.08mg, Delphinidin: 2.08mg, Delphinidin: 2.08mg, Delphinidin: 2.08mg Malvidin: 50.58mg, Malvidin: 50.58mg, Malvidin: 50.58mg, Malvidin: 50.58mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg, Catechin: 5.26mg Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg

Epicatechin: 4.03mg Hesperetin: 41.2mg, Hesperetin: 41.2mg, Hesperetin: 41.2mg, Hesperetin: 41.2mg Naringenin: 23.16mg, Naringenin: 23.16mg, Naringenin: 23.16mg, Naringenin: 23.16mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## **Nutrients (% of daily need)**

Calories: 459.06kcal (22.95%), Fat: 11.12g (17.1%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 29.63g (10.77%), Sugar: 20.62g (22.91%), Cholesterol: 127.31mg (42.44%), Sodium: 550.5mg (23.93%), Alcohol: 8.16g (100%), Alcohol %: 2.27% (100%), Protein: 41.47g (82.94%), Vitamin C: 88.18mg (106.89%), Vitamin B12: 4.52µg (75.34%), Zinc: 11.22mg (74.8%), Selenium: 46.2µg (66%), Vitamin B3: 10.59mg (52.96%), Phosphorus: 395.34mg (39.53%), Folate: 124.04µg (31.01%), Vitamin K: 31.28µg (29.79%), Vitamin B6: 0.57mg (28.42%), Iron: 4.92mg (27.35%), Vitamin B2: 0.46mg (27.04%), Vitamin A: 1331.28IU (26.63%), Manganese: 0.51mg (25.39%), Potassium: 879.38mg (25.13%), Vitamin B1: 0.37mg (24.37%), Magnesium: 83.74mg (20.93%), Fiber: 4.82g (19.29%), Copper: 0.38mg (18.75%), Vitamin B5: 1.8mg (18.05%), Vitamin E: 1.94mg (12.92%), Calcium: 121.74mg (12.17%)