



Pressure Cooker Lamb Shanks with White Beans

 Dairy Free

READY IN



345 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup .5 can cannellini beans dry
- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 1 cup cooking wine dry red
- ☐ 0.3 cup flat parsley italian divided chopped
- ☐ 2 tablespoons flour all-purpose

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 6 cloves garlic thinly sliced
- ☐ 2 lamb shanks
- ☐ 2 teaspoons lemon zest
- ☐ 2 cups beef broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 large shallots chopped
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ pressure cooker

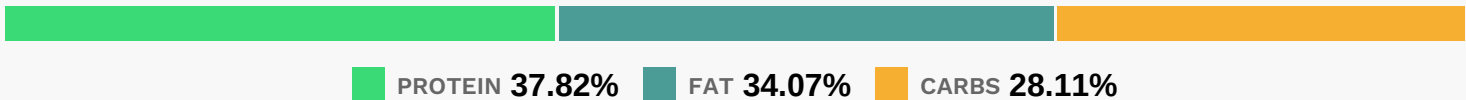
Directions

- ☐ Soak cannellini beans in a large bowl of cold water for at least 4 hours, up to overnight.
- ☐ Drain.
- ☐ Pat lamb shanks dry; season with ground black pepper and dust with flour.
- ☐ Heat oil in pressure cooker over medium-high heat. Cook lamb shanks one at a time, turning to brown on all sides, about 10 minutes per shank.
- ☐ Transfer to a plate and set aside.
- ☐ Cook and stir shallots, carrots, celery, and garlic in the oil left in pressure cooker until shallots are golden brown, about 15 minutes.
- ☐ Add rosemary and red wine; cook for 2 minutes, scraping up any browned bits from the bottom of the pan.
- ☐ Add drained beans, beef broth, and water; season to taste with more black pepper. Return the lamb shanks to the pot.

- ☐
- Seal the pressure cooker lid; bring cooker to full pressure according to manufacturer's instructions. Cook for 35 minutes. Turn off heat and allow the pressure to lower naturally, about 10 minutes.

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Nutrition Facts



Properties

Glycemic Index:80.71, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:21.935652256012%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 309.51kcal (15.48%), Fat: 10.24g (15.75%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 14.97g (5.44%), Sugar: 3.05g (3.39%), Cholesterol: 63.65mg (21.22%), Sodium: 740.45mg (32.19%), Alcohol: 6.3g (100%), Alcohol %: 1.8% (100%), Protein: 25.58g (51.15%), Vitamin A: 5478.03IU (109.56%), Vitamin K: 70.73µg (67.37%), Zinc: 5.77mg (38.45%), Vitamin B12: 2.26µg (37.67%), Selenium: 24.46µg (34.95%), Vitamin B3: 5.66mg (28.28%), Phosphorus: 207.58mg (20.76%), Potassium: 686.4mg (19.61%), Iron: 3.53mg (19.6%), Fiber: 4.03g (16.13%), Vitamin B6: 0.31mg (15.71%), Vitamin B2: 0.24mg (14.08%), Vitamin C: 11.38mg (13.8%), Manganese: 0.24mg (11.94%), Vitamin B1: 0.16mg (10.99%), Folate: 43.9µg (10.98%), Vitamin E: 1.65mg (10.98%), Magnesium: 35.92mg (8.98%), Copper: 0.18mg (8.85%), Vitamin B5: 0.85mg (8.45%), Calcium: 69.44mg (6.94%)