



 **94%**
HEALTH SCORE

Roasted Veal Shanks with Rosemary

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



210 min.

SERVINGS



6

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups carrots peeled
- 1.5 cups celery
- 6 servings kosher salt
- 1 cup wine dry white
- 1 tablespoon sage fresh chopped
- 2 garlic clove crushed peeled
- 5 cups chicken broth divided ()
- 6 tablespoons olive oil divided

- 2 cups onion thinly sliced
- 6 servings parsley fresh italian chopped
- 2 tablespoons rosemary leaves fresh chopped (for garnish)
- 4 pound veal shanks

Equipment

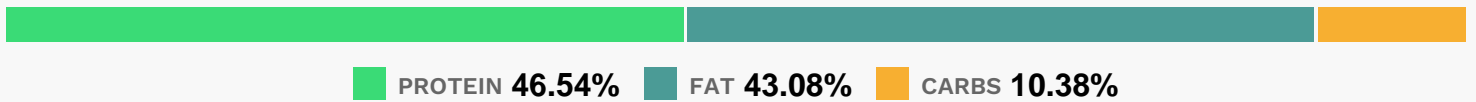
- bowl
- frying pan
- oven
- whisk
- pot
- sieve

Directions

- Preheat oven to 475°F.
- Sprinkle veal with coarse salt and black pepper.
- Heat 4 tablespoons oil in heavy large ovenproof pot over medium-high heat.
- Add veal; cook until dark brown, turning occasionally, 25 to 30 minutes.
- Transfer pot to oven; roast uncovered 30 minutes (veal will be dark brown). Maintain oven temperature.
- Meanwhile, heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- Add carrots, onion, and celery; sauté until softened, about 12 minutes.
- Add chopped rosemary, sage, and garlic; sauté 2 minutes.
- Transfer veal to plate; pour off oil from pot.
- Add wine, 2 cups broth, and vegetables to pot and bring to boil. Return veal to pot (broth will not cover veal). Roast uncovered until meat is very tender, turning every 30 minutes and adding more broth by cupfuls as needed to moisten as broth evaporates, about 1 hour 15 minutes.
- Transfer veal to large plate. Set strainer over medium bowl.
- Pour juices and vegetables from pot into strainer, pressing on solids to extract liquid.

- Transfer vegetables to processor; puree until almost smooth. Skim fat from juices in bowl; discard fat.
- Whisk 1 cup vegetable puree into juices in bowl (discard remaining puree). Season with coarse salt and black pepper. Return puree mixture and veal to same pot. Return to oven and roast 10 minutes longer, turning veal once.
- Cut meat off bones into 1-inch-thick pieces.
- Transfer to bowl.
- Pour sauce over.
- Garnish with parsley and rosemary sprigs.
- A spicy, earthy red wine—like the
- Bastianich 2006 Vespa Rosso (Italy, \$38)—is fantastic with the rich meat.

Nutrition Facts



Properties

Glycemic Index: 30.47, Glycemic Load: 2.85, Inflammation Score: -10, Nutrition Score: 44.063043304112%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 9.36mg, Apigenin: 9.36mg, Apigenin: 9.36mg, Apigenin: 9.36mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 577.35kcal (28.87%), Fat: 26.03g (40.04%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 11.29g (4.1%), Sugar: 5.31g (5.9%), Cholesterol: 226.8mg (75.6%), Sodium: 563.49mg (24.5%), Alcohol: 4.12g (100%), Alcohol %: 0.76% (100%), Protein: 63.27g (126.55%), Copper: 3.42mg (170.85%), Vitamin A: 7598.88IU (151.98%), Vitamin B3: 25.92mg (129.59%), Zinc: 12.62mg (84.11%), Vitamin K: 87.45µg (83.28%), Vitamin B6: 1.52mg (76.05%), Vitamin B12: 4.31µg (71.82%), Phosphorus: 684.89mg (68.49%), Vitamin B2: 0.94mg (55.07%), Vitamin B5: 4.19mg (41.93%), Potassium: 1462.17mg (41.78%), Selenium: 24.49µg (34.98%), Magnesium: 87.26mg (21.82%), Vitamin B1: 0.31mg (20.5%), Iron: 3.61mg (20.06%), Folate: 79.93µg (19.98%), Manganese: 0.36mg

(17.97%), Vitamin E: 2.41mg (16.05%), Vitamin C: 13.02mg (15.79%), Calcium: 124.65mg (12.47%), Fiber: 2.82g (11.3%)