



Rosemary Lamb Pot Roast with Cannellini Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 30 ounce .5 can cannellini beans rinsed drained canned
- ☐ 6 carrots trimmed
- ☐ 10 ounce cipollini onions peeled
- ☐ 2 cups cooking wine dry red
- ☐ 6 sprigs rosemary fresh
- ☐ 4 garlic cloves smashed

- ☐ 1 teaspoon herbs de provence
- ☐ 2 teaspoons kosher salt
- ☐ 5 pounds lamb shanks thick
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper freshly ground

Equipment

- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Trim any excess fat from lamb. (If using boneless leg of lamb, tie in an even piece.)
- ☐ Sprinkle with kosher salt, pepper, and herbes de Provence.
- ☐ Heat oil in a large roasting pan over medium-high heat.
- ☐ Add lamb, and brown on all sides, about 20 minutes.
- ☐ Add wine and next 4 ingredients. Cover tightly, and bake at 350 for 2 1/2 hours.
- ☐ Remove from oven, and stir in beans and carrots. Cover and bake 45 minutes more or until lamb is fork-tender.
- ☐ Remove lamb and vegetables from cooking liquid, place on a platter, and cover loosely with foil to keep warm.
- ☐ Skim fat from top of liquid, and cook over high heat until reduced by half, about 5 minutes.
- ☐ Pour over and around lamb and vegetables.
- ☐ Serve warm.
- ☐ *Herbes de Provence is a mixture of dried herbs, usually including thyme, rosemary, marjoram, and savory, available in the spice section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:35.12434781116%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg

Nutrients (% of daily need)

Calories: 488.51kcal (24.43%), Fat: 8.25g (12.7%), Saturated Fat: 2.4g (15%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 33.9g (12.33%), Sugar: 5.33g (5.92%), Cholesterol: 106.93mg (35.64%), Sodium: 1246.83mg (54.21%), Alcohol: 8.4g (100%), Alcohol %: 1.86% (100%), Protein: 45.2g (90.39%), Vitamin A: 10202.87IU (204.06%), Zinc: 11.08mg (73.84%), Vitamin B12: 3.85µg (64.22%), Selenium: 40.63µg (58.04%), Manganese: 1.02mg (50.77%), Vitamin B3: 9.69mg (48.47%), Phosphorus: 468.24mg (46.82%), Iron: 7.73mg (42.94%), Potassium: 1332.87mg (38.08%), Fiber: 9.52g (38.07%), Folate: 149.08µg (37.27%), Magnesium: 126.23mg (31.56%), Copper: 0.56mg (27.82%), Vitamin B6: 0.55mg (27.28%), Vitamin B2: 0.43mg (25.35%), Vitamin B1: 0.36mg (23.99%), Vitamin K: 17.19µg (16.37%), Calcium: 162.29mg (16.23%), Vitamin B5: 1.62mg (16.21%), Vitamin E: 2.26mg (15.05%), Vitamin C: 7.82mg (9.48%)