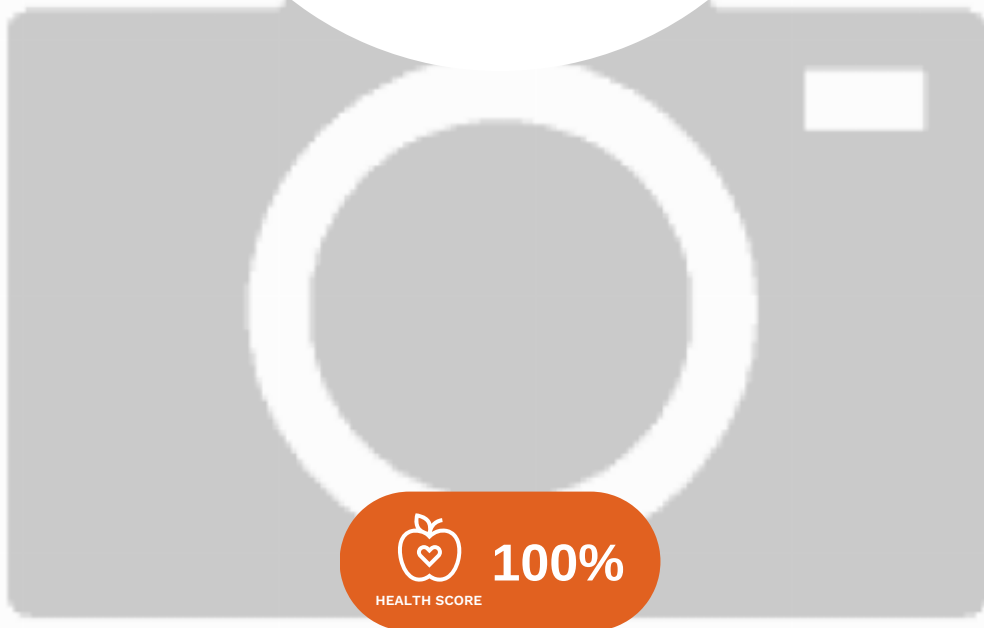




HEALTH SCORE

100%

Shank Beef Soup



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1047 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds beef shanks
- ☐ 3 stalks celery with leaves chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 cup cornmeal
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 onion chopped

- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups peas dried split
- ☐ 2 cups sweet potatoes and into chopped
- ☐ 2 cups taro chopped eddoes
- ☐ 2 teaspoons sugar white

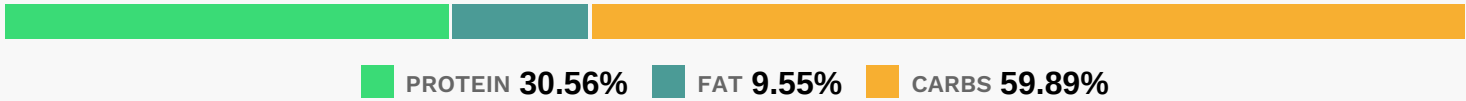
Equipment

- ☐ mixing bowl
- ☐ pot

Directions

- ☐ In large stock pot soak peas in 2 cups water for 1 hour. Cook peas over medium heat, continually checking to see if more water needs to be added. When peas are half way done, (approximately 40 minutes) add sweet potatoes and eddoes.
- ☐ Pressure cook beef shank with garlic until tender.
- ☐ In a separate mixing bowl combine flour, cornmeal, and enough water to form a workable dough. Knead to a non-sticky consistency, adding more flour if dough is sticking.
- ☐ Roll dough out to a 1/4 of an inch thickness and cut into 1 inch by 1 inch strips.
- ☐ Once split peas and potatoes are cooked through add celery, onion, shank and dumplings. Season with thyme, sugar, vinegar, salt and pepper.
- ☐ Let simmer until dumplings are floating and then serve.

Nutrition Facts



Properties

Glycemic Index:125.5, Glycemic Load:59.03, Inflammation Score:-10, Nutrition Score:65.345217124276%

Flavonoids

Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 1047.17kcal (52.36%), Fat: 11.04g (16.98%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 155.81g (51.94%), Net Carbohydrates: 121.75g (44.27%), Sugar: 14.96g (16.63%), Cholesterol: 79.61mg (26.54%), Sodium: 407.73mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.49g (158.97%), Vitamin A: 9803.47IU (196.07%), Fiber: 34.06g (136.24%), Zinc: 18.63mg (124.2%), Manganese: 2.44mg (121.92%), Vitamin B12: 6.8µg (113.28%), Folate: 441.56µg (110.39%), Vitamin B1: 1.59mg (106.01%), Phosphorus: 985.16mg (98.52%), Vitamin B3: 19.58mg (97.92%), Selenium: 61.28µg (87.55%), Vitamin B6: 1.62mg (81.25%), Iron: 13.63mg (75.71%), Potassium: 2574.2mg (73.55%), Copper: 1.36mg (68.13%), Vitamin B2: 1.07mg (63.09%), Magnesium: 219.91mg (54.98%), Vitamin B5: 3.64mg (36.44%), Vitamin K: 25.19µg (23.99%), Calcium: 173.83mg (17.38%), Vitamin C: 10.3mg (12.49%), Vitamin E: 1.79mg (11.94%)