



Shanks Sicilian-Style: Costolette Siciliane



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons capers washed and drained
- ☐ 2 cups plum brandy
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.7 cup sicilian olives green pitted chopped the variety
- ☐ 1 teaspoon oregano leaves dried
- ☐ 12 inch osso buco specific cut of veal shank
- ☐ 4 roasted peppers red drained chopped well marinated peppers
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup tomato paste
- ☐ 3 large tomatoes red cored ripe peeled roughly chopped

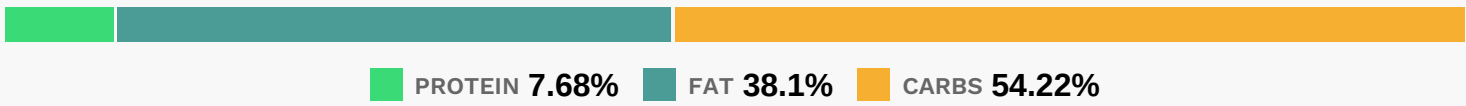
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ In a heavy-bottomed pan, heat 1/2 cup of the olive oil. When hot, but not smoking, add the osso buco and cook until golden brown on all sides, about 6–8 minutes.
- ☐ Remove the pan from the heat.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Transfer the shanks to a covered, heavy baking dish just large enough to hold the shanks comfortably. Set aside.
- ☐ In the same pot, heat 2 tablespoons of olive oil over medium heat. Stir in the tomato paste and cook for 2 minutes, stirring occasionally. Stir in the olives, capers, peppers, tomatoes, oregano, and sugar. Deglaze with the Marsala. Season, to taste, with salt and pepper.
- ☐ Let simmer for 10 minutes, stirring often. If the mixture becomes too dry, add a teaspoonful or 2 of water.
- ☐ Spoon equal amounts of the sauce over each shank. Cover and cook until the veal is very tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:31.68, Glycemic Load:3.07, Inflammation Score:-9, Nutrition Score:8.6247826503671%

Flavonoids

Petunidin: 5.3mg, Petunidin: 5.3mg, Petunidin: 5.3mg, Petunidin: 5.3mg Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg, Delphinidin: 3.12mg Malvidin: 75.86mg, Malvidin: 75.86mg, Malvidin: 75.86mg, Malvidin: 75.86mg Peonidin: 3.14mg, Peonidin: 3.14mg, Peonidin: 3.14mg, Peonidin: 3.14mg Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg, Catechin: 7.89mg Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg, Epicatechin: 6.05mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg, Kaempferol: 7.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 227.15kcal (11.36%), Fat: 6.45g (9.92%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.98g (6.54%), Sugar: 12.06g (13.4%), Cholesterol: 3.81mg (1.27%), Sodium: 821.82mg (35.73%), Alcohol: 12.24g (100%), Alcohol %: 6.15% (100%), Protein: 2.92g (5.85%), Vitamin C: 26.56mg (32.2%), Vitamin A: 1125.3IU (22.51%), Manganese: 0.31mg (15.27%), Vitamin E: 2.16mg (14.4%), Vitamin K: 14.36µg (13.67%), Potassium: 465.97mg (13.31%), Fiber: 2.67g (10.67%), Copper: 0.21mg (10.34%), Vitamin B6: 0.17mg (8.61%), Vitamin B3: 1.65mg (8.24%), Magnesium: 30.06mg (7.51%), Iron: 1.32mg (7.31%), Folate: 22.15µg (5.54%), Phosphorus: 54.52mg (5.45%), Vitamin B2: 0.08mg (4.72%), Vitamin B1: 0.07mg (4.64%), Calcium: 46.31mg (4.63%), Zinc: 0.56mg (3.73%), Selenium: 1.68µg (2.41%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.07µg (1.15%)