



Slow-Braised Lamb Shanks

 **Gluten Free**  **Dairy Free**

READY IN



165 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup basil fresh thinly sliced
- 1 teaspoon thyme sprigs fresh chopped
- 3 garlic clove minced
- 48 ounce lamb shanks trimmed
- 2 teaspoons lemon zest grated
- 0.5 cup beef broth fat-free
- 3 cups tomatoes (such as McCutcheon's)

- 1 teaspoon olive oil
- 1 cup onion chopped
- 0.5 cup red wine

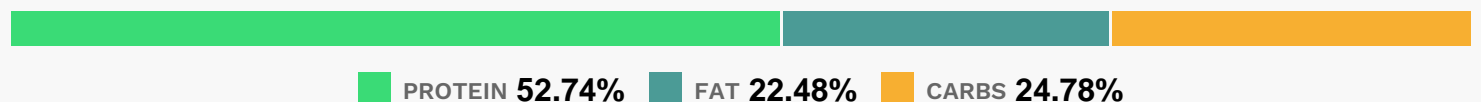
Equipment

- frying pan
- dutch oven

Directions

- Heat a large Dutch oven over medium-high heat.
- Sprinkle lamb evenly with pepper.
- Add oil to pan; swirl to coat.
- Add lamb to pan; cook 8 minutes, browning on all sides.
- Remove lamb from pan.
- Add onion, thyme, and garlic to pan; cook for 2 minutes, stirring occasionally.
- Add wine to pan, scraping pan to loosen browned bits; cook until liquid evaporates (about 2 minutes). Stir in marinara sauce and broth; cook 4 minutes, stirring occasionally. Return lamb to pan. Cover; reduce heat to low, and simmer 2 hours or until very tender and meat pulls easily from the bone.
- Remove lamb from pan; skim any fat from surface of sauce, and discard. Increase heat to medium-high; bring sauce to a boil, and cook until sauce thickens (about 6 minutes).
- Add lamb; cook 2 minutes or until thoroughly heated.
- Remove pan from heat; stir in basil and rind.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:4.35, Inflammation Score:-9, Nutrition Score:23.957391199858%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 268.68kcal (13.43%), Fat: 6.22g (9.56%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 11.71g (4.26%), Sugar: 8.49g (9.44%), Cholesterol: 96.24mg (32.08%), Sodium: 1039.56mg (45.2%), Alcohol: 3.18g (100%), Alcohol %: 0.94% (100%), Protein: 32.82g (65.63%), Zinc: 8.86mg (59.1%), Vitamin B12: 3.42µg (56.95%), Selenium: 35.17µg (50.25%), Vitamin B3: 9.38mg (46.92%), Phosphorus: 334.07mg (33.41%), Potassium: 1052.57mg (30.07%), Iron: 4.68mg (26.01%), Vitamin B6: 0.52mg (25.82%), Vitamin B2: 0.43mg (25.03%), Vitamin C: 18.89mg (22.89%), Vitamin E: 3.15mg (21%), Manganese: 0.4mg (20.03%), Copper: 0.4mg (20.01%), Magnesium: 72.72mg (18.18%), Vitamin A: 901.3IU (18.03%), Vitamin B5: 1.64mg (16.4%), Fiber: 3.72g (14.86%), Folate: 56.59µg (14.15%), Vitamin B1: 0.21mg (13.96%), Vitamin K: 12.49µg (11.9%), Calcium: 60.53mg (6.05%)