



Slow-Roasted Lamb Shanks

 Dairy Free

READY IN



218 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.5 cup porcini mushrooms dried
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 garlic cloves
- ☐ 0.8 teaspoon kosher salt

- ☐ 48 ounce lamb shanks
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 medium shallots peeled
- ☐ 0.3 cup earthy red wine fruity

Equipment

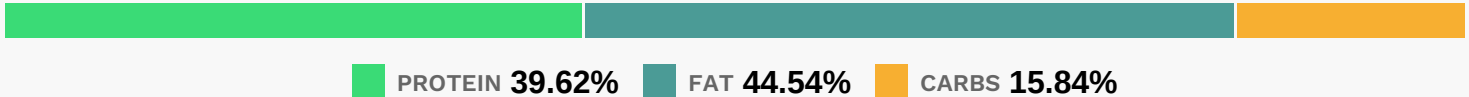
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat oven to 450
- ☐ Combine first 4 ingredients in a mini food processor.
- ☐ Add 1 1/2 teaspoons oil; process until finely ground.
- ☐ Sprinkle lamb evenly with salt and pepper; coat with herb mixture.
- ☐ Place lamb in a single layer in a large ovenproof skillet; roast at 450 for 30 minutes, turning after 20 minutes.
- ☐ Reduce heat to 225 (do not remove lamb).
- ☐ Cover lamb with foil.
- ☐ Bake an additional 2 1/2 hours or until lamb is tender.
- ☐ Remove lamb from pan; keep warm.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure or bowl.

- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag, and carefully snip off 1 bottom corner of bag.
- ☐ Drain 1/2 cup drippings into a bowl, stopping before fat layer reaches opening; discard fat. Return the drippings and wine to pan over medium heat; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to 1/2 cup (about 8 minutes).
- ☐ Remove 2 tablespoons wine mixture from pan; stir in flour. Return flour mixture to pan; cook for 2 minutes or until slightly thick.
- ☐ Remove from heat; keep warm.
- ☐ Preheat broiler.
- ☐ Combine mustard and 1 1/2 teaspoons oil in a small bowl; brush evenly over lamb.
- ☐ Place mushrooms in a food processor; process until finely ground.
- ☐ Combine ground mushrooms and panko in a shallow dish. Toss panko mixture with remaining 2 tablespoons oil. Press panko mixture evenly over lamb.
- ☐ Place lamb on a broiler pan coated with cooking spray. Broil 4 minutes or until golden brown, turning after 2 minutes.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:20.158695601899%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 337.6kcal (16.88%), Fat: 15.81g (24.33%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 10.98g (3.99%), Sugar: 1.29g (1.43%), Cholesterol: 96.24mg (32.08%), Sodium: 666.32mg (28.97%), Alcohol: 2.12g (100%), Alcohol %: 1.33% (100%), Protein: 31.65g (63.3%), Zinc: 8.86mg (59.09%), Vitamin B12: 3.44µg (57.39%), Selenium: 39.91µg (57.02%), Vitamin B3: 8.6mg (43.01%), Phosphorus: 308.19mg (30.82%), Vitamin B2: 0.38mg (22.52%), Iron: 3.71mg (20.62%), Copper: 0.39mg (19.66%), Vitamin B6: 0.38mg (19.07%), Vitamin B5: 1.88mg (18.83%), Manganese: 0.36mg (18%), Vitamin B1: 0.25mg (16.94%), Potassium: 490.03mg (14%), Magnesium: 54.11mg (13.53%), Vitamin E: 1.88mg (12.54%), Folate: 50.02µg (12.5%), Vitamin K: 7.52µg (7.16%), Fiber: 1.68g (6.7%), Vitamin C: 4.96mg (6.01%), Calcium: 52.53mg (5.25%), Vitamin A: 104.18IU (2.08%)