



HEALTH SCORE

65%

## Sticky spiced lamb shanks



Gluten Free



Dairy Free



Very Healthy

READY IN



195 min.

SERVINGS



2

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 tbsp olive oil
- ☐ 2 lamb shanks
- ☐ 3 onions sliced
- ☐ 4 garlic cloves sliced
- ☐ 0.5 cinnamon sticks
- ☐ 1 tbsp cumin and coriander seeds crushed
- ☐ 1 pinch chilli flakes
- ☐ 400 g canned tomatoes chopped canned

- ☐ 500 ml vegetable stock
- ☐ 2 tbsp pomegranate molasses
- ☐ 4 apricots dried chopped
- ☐ 4 figs dried chopped
- ☐ 1 handful coriander chopped

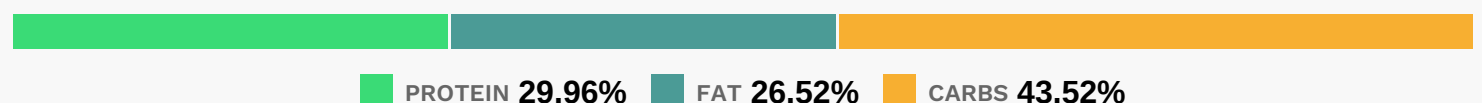
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Add 1 tbsp oil to a small, tight-lidded casserole and brown shanks for a couple of mins, turning as you go.
- ☐ Remove and set aside.
- ☐ Add remaining oil and onions to the pan and cook for about 10 mins until soft.
- ☐ Add garlic and spices and cook for 4 mins more. Tip in tomatoes and stock, then nestle the shanks back in on their sides. Bring to a boil, cover and put in the oven. Cook for 2 hrs: turn the shanks now and then.
- ☐ Remove the lid and stir through the molasses, apricots and figs. Cook, uncovered, for 30 mins more or until the meat is falling away from the bone.
- ☐ Remove shanks from the dish and wrap in foil to keep warm.
- ☐ Put the dish back onto the heat and cook down the juices until thick and saucy. Season, then serve the shanks, scattered with coriander, alongside the rice (see 'Goes well with', right).

## Nutrition Facts



## Properties

Glycemic Index:120.7, Glycemic Load:15.14, Inflammation Score:-9, Nutrition Score:39.662608436916%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 34.66mg, Quercetin: 34.66mg, Quercetin: 34.66mg, Quercetin: 34.66mg

Nutrients (% of daily need)

Calories: 594.19kcal (29.71%), Fat: 18.03g (27.73%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 66.57g (22.19%), Net Carbohydrates: 55.52g (20.19%), Sugar: 41.21g (45.79%), Cholesterol: 127.31mg (42.44%), Sodium: 1416.78mg (61.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.83g (91.67%), Zinc: 12.18mg (81.21%), Vitamin B12: 4.52µg (75.34%), Selenium: 48.32µg (69.02%), Vitamin B3: 13.08mg (65.4%), Manganese: 1.05mg (52.62%), Phosphorus: 500.02mg (50%), Potassium: 1629.57mg (46.56%), Vitamin B6: 0.93mg (46.56%), Fiber: 11.05g (44.21%), Iron: 7.69mg (42.69%), Vitamin C: 33.93mg (41.13%), Copper: 0.78mg (39.13%), Vitamin E: 5.33mg (35.55%), Vitamin A: 1693.37IU (33.87%), Vitamin B2: 0.56mg (32.97%), Magnesium: 129.49mg (32.37%), Vitamin B1: 0.45mg (29.74%), Vitamin K: 27.2µg (25.91%), Folate: 102.47µg (25.62%), Vitamin B5: 2.27mg (22.72%), Calcium: 196.24mg (19.62%)