

food
network



HEALTH SCORE

54%

Stracotto Doagnello with Olives and Orange



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



643 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet anchovy rinsed
- ☐ 0.5 medium carrots shredded finely
- ☐ 1 cup chianti
- ☐ 4 tablespoons thyme leaves dried fresh (or 2 tablespoons)
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 cup tuscan olives
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 0.5 cup orange juice

- ☐ 2 oranges seeded sliced into 1/4 inch quarter moons quartered
- ☐ 2 medium onions red chopped
- ☐ 4 servings salt to taste
- ☐ 56 ounce tomatoes mixed with their juices crushed well canned
- ☐ 3 ounces virgin olive oil
- ☐ 4 tablespoons virgin olive oil
- ☐ 4 cloves garlic whole peeled

Equipment

- ☐ oven
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Trim most of the fat from the lamb and season with salt and pepper. In a heavy bottomed Dutch oven (at least 6 quarts), heat olive oil until smoking. Brown lamb on both sides until dark golden brown and remove.
- ☐ Add onions, garlic, anchovies and orange pieces and cook until softened, scraping the casserole bottom with a wooden spoon to loosen the brown bits.
- ☐ Add olives, orange juice, wine and tomato sauce and bring to a boil.
- ☐ Add lamb, lower heat to a simmer and cook 70 minutes, or until fork tender.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



 **PROTEIN 6.14%**  **FAT 59.14%**  **CARBS 34.72%**

Properties

Glycemic Index:73.33, Glycemic Load:14.89, Inflammation Score:-10, Nutrition Score:37.385217395166%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg, Hesperetin: 21.55mg Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg, Naringenin: 10.7mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 17.24mg, Quercetin: 17.24mg, Quercetin: 17.24mg, Quercetin: 17.24mg

Nutrients (% of daily need)

Calories: 642.72kcal (32.14%), Fat: 42.2g (64.93%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 55.73g (18.58%), Net Carbohydrates: 42.22g (15.35%), Sugar: 30.36g (33.74%), Cholesterol: 1.2mg (0.4%), Sodium: 1259.07mg (54.74%), Alcohol: 6.54g (100%), Alcohol %: 1.14% (100%), Protein: 9.86g (19.73%), Vitamin C: 97.29mg (117.92%), Vitamin K: 112.79µg (107.42%), Vitamin E: 11.84mg (78.92%), Manganese: 1.28mg (64.06%), Iron: 10.96mg (60.88%), Fiber: 13.51g (54.04%), Vitamin A: 2624.36IU (52.49%), Copper: 0.9mg (45.11%), Potassium: 1567.15mg (44.78%), Vitamin B6: 0.87mg (43.31%), Vitamin B1: 0.47mg (31.08%), Vitamin B3: 5.93mg (29.65%), Calcium: 293.47mg (29.35%), Magnesium: 113.34mg (28.34%), Folate: 110µg (27.5%), Phosphorus: 190.09mg (19.01%), Vitamin B2: 0.3mg (17.57%), Vitamin B5: 1.5mg (15.05%), Zinc: 1.66mg (11.04%), Selenium: 5.23µg (7.47%)