



Sweet Braised Lamb Pasta

 Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



753 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings coarse salt and pepper black freshly ground
- ☐ 3 tablespoons garlic infused olive oil
- ☐ 4 lamb shanks
- ☐ 2 pounds pappardelle pasta fresh
- ☐ 750 ml ruby port
- ☐ 3 tablespoons mulling spices
- ☐ 8 servings water

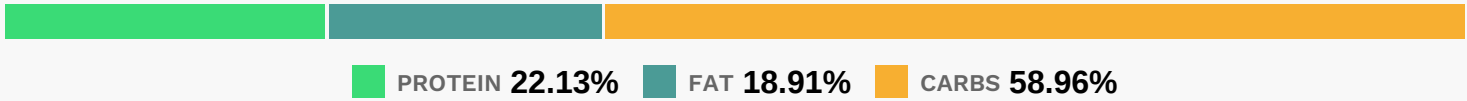
Equipment

- ☐ frying pan
- ☐ pot
- ☐ cutting board
- ☐ cheesecloth

Directions

- ☐ Season the lamb shanks with salt and pepper, to taste.
- ☐ Heat the oil in large heavy pot over medium-high heat. Working in batches, if necessary, to not overcrowd the pan, sear the shanks on all sides until deep brown, about 7 minutes.
- ☐ Remove the shanks to a plate and add the port. Bring to a simmer, scraping any brown bits off bottom of pan and reduce by 1/2
- ☐ Add the mulling spices, wrapped in cheesecloth or in a muslin tea bag. Return shanks to the pot, adding water if needed, to cover the meat. Cover and simmer until the meat is tender, about 2 1/2 hours.
- ☐ Remove the shanks to a cutting board and let rest. Discard the mulling spices. Simmer the braising liquid until reduced and thickened, about 20 minutes.
- ☐ Meanwhile, cook the pasta to al dente according to package directions in a large pot of salted boiling water, about 4 minutes. Pull the meat from the bones, chop it and add it to the sauce.
- ☐ Drain the pasta, and add it to the meat and sauce. Toss and serve immediately. Enjoy!

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:33.93, Inflammation Score:-7, Nutrition Score:25.173912976099%

Flavonoids

Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg, Petunidin: 6.31mg Delphinidin: 3.71mg, Delphinidin: 3.71mg, Delphinidin: 3.71mg, Delphinidin: 3.71mg Malvidin: 90.19mg, Malvidin: 90.19mg, Malvidin: 90.19mg, Malvidin: 90.19mg Peonidin: 3.74mg, Peonidin: 3.74mg, Peonidin: 3.74mg, Peonidin: 3.74mg Catechin: 9.38mg, Catechin: 9.38mg, Catechin: 9.38mg, Catechin: 9.38mg Epicatechin: 7.19mg, Epicatechin: 7.19mg, Epicatechin: 7.19mg, Epicatechin: 7.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 752.67kcal (37.63%), Fat: 13.61g (20.93%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 95.47g (31.82%), Net Carbohydrates: 91.37g (33.23%), Sugar: 9.71g (10.78%), Cholesterol: 158.91mg (52.97%), Sodium: 118.37mg (5.15%), Alcohol: 14.55g (100%), Alcohol %: 3.38% (100%), Protein: 35.83g (71.67%), Selenium: 112.19µg (160.27%), Manganese: 1.47mg (73.71%), Zinc: 7.81mg (52.07%), Phosphorus: 457.17mg (45.72%), Vitamin B12: 2.59µg (43.15%), Vitamin B3: 7.53mg (37.67%), Copper: 0.53mg (26.51%), Magnesium: 102.99mg (25.75%), Iron: 4.52mg (25.09%), Vitamin B6: 0.41mg (20.55%), Vitamin B1: 0.31mg (20.35%), Vitamin B2: 0.31mg (18.06%), Vitamin B5: 1.72mg (17.21%), Potassium: 599.12mg (17.12%), Fiber: 4.1g (16.4%), Folate: 53.74µg (13.43%), Vitamin E: 1.44mg (9.61%), Calcium: 78.54mg (7.85%), Vitamin K: 4.53µg (4.31%), Vitamin D: 0.34µg (2.27%), Vitamin A: 76.73IU (1.53%)