



Tuscan Lamb Shanks

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 cups extra wide egg noodles hot cooked uncooked (4 cups pasta)
- ☐ 0.8 cup cannellini beans dried
- ☐ 1 cup cooking wine dry red
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 6 garlic cloves sliced
- ☐ 3 pounds lamb shanks (2 large shanks)

- ☐ 14.3 ounce low-salt beef broth canned
- ☐ 2 teaspoons olive oil divided
- ☐ 1 tablespoon teaspoon rosemary dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots sliced
- ☐ 0.3 cup sun-dried tomato sprinkles
- ☐ 3.3 cups water divided
- ☐ 1 tablespoon worcestershire sauce

Equipment

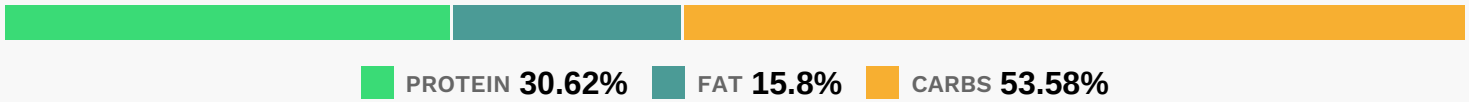
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ pressure cooker

Directions

- ☐ Sort and wash beans; combine with 3 cups water in a small saucepan. Bring to a boil; cook 1 minute.
- ☐ Remove from heat.
- ☐ Let stand 20 minutes.
- ☐ Drain; set aside.
- ☐ Trim fat from lamb.
- ☐ Place flour, salt, and pepper in a large zip-top plastic bag; add lamb. Seal; shake to coat.
- ☐ Remove lamb from bag; shake off excess flour mixture. Reserve 1 1/2 teaspoons flour mixture, and set aside.
- ☐ Heat 1 teaspoon oil in a 6-quart pressure cooker over medium heat.
- ☐ Add 1 lamb shank; cook 8 minutes on all sides or until browned.
- ☐ Remove lamb from pan. Repeat procedure with 1 teaspoon oil and 1 lamb shank.
- ☐ Add shallots and garlic, and saut 2 minutes.

- ☐ Add the beans, 1/4 cup water, reserved 1 1/2 teaspoons flour mixture, red wine, and the next 4 ingredients (wine through broth). Close lid; bring to high pressure over high heat (about 7 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 45 minutes.
- ☐ Remove from heat; place the cooker under cold running water.
- ☐ Remove lid.
- ☐ Remove lamb from pan; cool completely.
- ☐ Remove meat from bones; discard bones, fat, and gristle. Skim fat from surface. Stir meat into bean mixture.
- ☐ Sprinkle with parsley.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:69.8, Glycemic Load:22.94, Inflammation Score:-8, Nutrition Score:31.869999880376%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 559.32kcal (27.97%), Fat: 9.21g (14.17%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 70.29g (23.43%), Net Carbohydrates: 60.96g (22.17%), Sugar: 5.59g (6.21%), Cholesterol: 123.39mg (41.13%), Sodium: 543.12mg (23.61%), Alcohol: 5.04g (100%), Alcohol %: 1.02% (100%), Protein: 40.16g (80.33%), Selenium: 70.72µg (101.03%), Manganese: 1.21mg (60.44%), Zinc: 8.64mg (57.57%), Phosphorus: 499.05mg (49.91%), Vitamin B12: 2.88µg (47.96%), Folate: 189.41µg (47.35%), Vitamin B3: 7.9mg (39.5%), Fiber: 9.33g (37.32%), Potassium: 1195.5mg (34.16%), Magnesium: 134.58mg (33.65%), Copper: 0.66mg (33.05%), Iron: 5.87mg (32.61%), Vitamin K: 31.84µg (30.32%), Vitamin B1: 0.42mg (27.92%), Vitamin B6: 0.54mg (27.04%), Vitamin B2: 0.38mg (22.28%), Vitamin B5:

1.74mg (17.42%), Calcium: 115.68mg (11.57%), Vitamin C: 9.44mg (11.44%), Vitamin E: 0.86mg (5.75%), Vitamin A: 234.02IU (4.68%), Vitamin D: 0.16µg (1.07%)