



Tuscan Lamb Shanks with White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounces canned tomatoes diced canned
- ☐ 2 medium carrots chopped
- ☐ 2 rib celery chopped
- ☐ 1 cup navy beans dried picked over
- ☐ 1 leaf garnish: flat parsley; olive oil extra-virgin chopped for drizzling
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 lamb shanks
- ☐ 2 tablespoons olive oil

- ☐ 1 large onion chopped
- ☐ 2 rosemary sprigs
- ☐ 3.5 cups water

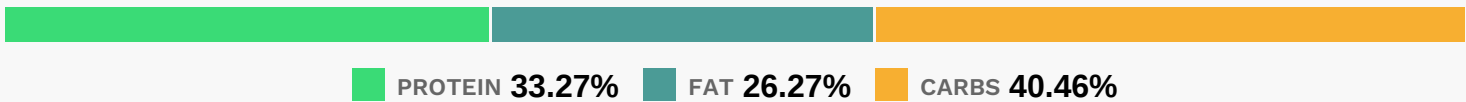
Equipment

- ☐ bowl
- ☐ cutting board
- ☐ pressure cooker

Directions

- ☐ Pat lamb shanks dry and season with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil in pressure cooker over medium-high heat until it shimmers, then brown shanks well, 1 at a time, transferring to a plate.
- ☐ Add onion, carrots, celery, and garlic to pressure cooker and sauté until golden brown, about 6 minutes.
- ☐ Add tomatoes with juice and rosemary and cook, stirring, 1 minute. Stir in beans, water, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Return lamb shanks to pressure cooker and bring to a boil. Seal lid and cook at high pressure according to manufacturer’s instructions, 30 minutes. Put pressure cooker in sink (do not remove lid) and run cold water over lid until pressure goes down completely.
- ☐ Remove lid and discard rosemary, then transfer shanks to a cutting board and coarsely shred meat.
- ☐ Spoon bean and vegetable mixture into large shallow bowls, then top with lamb and sauce.

Nutrition Facts



Properties

Glycemic Index:51.46, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:30.551304444023%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 381.12kcal (19.06%), Fat: 11.2g (17.22%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 24.55g (8.93%), Sugar: 5.08g (5.65%), Cholesterol: 63.65mg (21.22%), Sodium: 109.33mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.81%), Vitamin A: 5100.09IU (102%), Fiber: 14.26g (57.02%), Folate: 222.9µg (55.72%), Zinc: 7.57mg (50.49%), Manganese: 0.89mg (44.53%), Phosphorus: 409.3mg (40.93%), Selenium: 28.4µg (40.57%), Vitamin B12: 2.26µg (37.67%), Vitamin B1: 0.54mg (35.83%), Vitamin B3: 6.4mg (31.99%), Magnesium: 124.27mg (31.07%), Copper: 0.6mg (30.14%), Potassium: 998.06mg (28.52%), Iron: 4.77mg (26.5%), Vitamin B6: 0.5mg (24.78%), Vitamin B2: 0.3mg (17.68%), Vitamin B5: 1.19mg (11.86%), Calcium: 114.63mg (11.46%), Vitamin E: 1.49mg (9.92%), Vitamin K: 10.03µg (9.55%), Vitamin C: 5.32mg (6.45%)