



Veal Osso Buco with Gremolata

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bacon diced uncooked ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter divided
- ☐ 14.5 ounce canned tomatoes whole drained chopped canned
- ☐ 0.5 cup carrots finely chopped (1 medium)
- ☐ 0.5 cup celery finely chopped (1 stalk)
- ☐ 1 cup wine dry white
- ☐ 1 ounce flour all-purpose
- ☐ 1 cup parsley fresh chopped

- ☐ 1 garlic clove minced
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 0.8 teaspoon salt divided
- ☐ 48 ounce veal shanks trimmed
- ☐ 1 cup onion yellow finely chopped (1 medium)

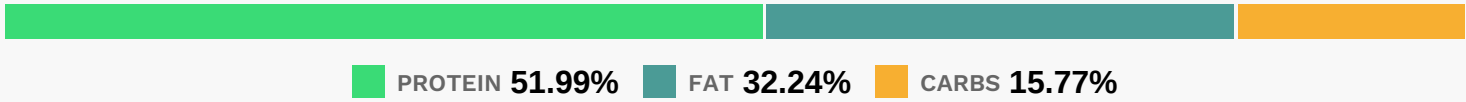
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Sprinkle veal with 1/4 teaspoon salt and pepper; dredge in flour.
- ☐ Melt 1 1/2 teaspoons butter in a large Dutch oven over medium-high heat.
- ☐ Add 3 veal shanks, and cook for 8 minutes, browning on all sides.
- ☐ Remove to a plate. Repeat procedure with remaining 1 1/2 teaspoons butter and veal.
- ☐ Add onion, carrot, celery, and bacon to pan; saut 5 minutes or until vegetables are tender.
- ☐ Add wine; cook 5 minutes or until liquid almost evaporates.
- ☐ Add remaining 1/2 teaspoon salt, broth, and tomatoes. Return veal to pan; bring to a boil. Cover, reduce heat, and simmer 2 hours or until veal is tender.
- ☐ Combine parsley, rind, and garlic in a small bowl. Stir into osso buco; cook 10 minutes.

Nutrition Facts



Properties

Glycemic Index:62.97, Glycemic Load:5.25, Inflammation Score:-9, Nutrition Score:34.246087103434%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 21.79mg, Apigenin: 21.79mg, Apigenin: 21.79mg, Apigenin: 21.79mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 398.94kcal (19.95%), Fat: 13.09g (20.13%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 11.69g (4.25%), Sugar: 5.27g (5.85%), Cholesterol: 179.95mg (59.98%), Sodium: 731.49mg (31.8%), Alcohol: 4.12g (100%), Alcohol %: 1.17% (100%), Protein: 47.48g (94.96%), Vitamin K: 172.09µg (163.9%), Vitamin B3: 18.67mg (93.35%), Zinc: 9.6mg (64.01%), Vitamin B6: 1.2mg (60.22%), Vitamin A: 2871.69IU (57.43%), Vitamin B12: 3.13µg (52.08%), Phosphorus: 498.75mg (49.88%), Vitamin B2: 0.71mg (41.67%), Potassium: 1195.47mg (34.16%), Vitamin B5: 3.33mg (33.28%), Selenium: 21.73µg (31.05%), Vitamin C: 23.05mg (27.94%), Vitamin B1: 0.32mg (21.4%), Iron: 3.72mg (20.66%), Magnesium: 77.49mg (19.37%), Folate: 77.44µg (19.36%), Copper: 0.34mg (17.04%), Manganese: 0.32mg (15.98%), Fiber: 2.71g (10.85%), Calcium: 102.61mg (10.26%), Vitamin E: 1.12mg (7.47%)