



Veal Shanks with Caramelized Onions and Sage

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 3 cups beef broth canned
- ☐ 2 teaspoons rubbed sage dried
- ☐ 1.5 cups cooking wine dry white
- ☐ 5 garlic cloves chopped
- ☐ 4 tablespoons olive oil
- ☐ 3 large onions sliced

- ☐ 6 servings additional sage fresh chopped
- ☐ 15 sage leaves fresh whole
- ☐ 6 center-cut veal shanks thick (each)

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Sprinkle veal with salt and pepper.
- ☐ Combine flour and dried sage in shallow bowl. Set 3 tablespoons flour mixture aside. Dredge veal in remaining flour mixture to coat; shake off excess.
- ☐ Heat 2 tablespoons oil in heavy large very wide pot over medium-high heat. Working in batches, cook veal until brown, about 7 minutes per side.
- ☐ Transfer veal to bowl.
- ☐ Heat remaining 2 tablespoons oil in same pot.
- ☐ Add onions and sauté until beginning to brown, about 10 minutes. Reduce heat to medium and sauté onions until very deep brown, about 35 minutes longer.
- ☐ Add garlic and sauté 5 minutes.
- ☐ Add whole sage leaves and reserved 3 tablespoons flour mixture; stir 2 minutes.
- ☐ Add wine; bring to boil.
- ☐ Arrange veal in single layer in pot.
- ☐ Add broth. Cover and simmer over medium-low heat until meat is very tender but does not fall off bone, about 1 hour 45 minutes. Uncover; simmer until juices thicken enough to coat spoon, about 30 minutes. Season with salt and pepper.
- ☐ Place 1 veal shank on each plate. Spoon sauce and onion mixture over.
- ☐ Sprinkle with additional fresh sage.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:7.76, Inflammation Score:-6, Nutrition Score:26.340000310994%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg, Quercetin: 15.29mg

Nutrients (% of daily need)

Calories: 467.44kcal (23.37%), Fat: 17.66g (27.17%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 15.8g (5.75%), Sugar: 3.81g (4.23%), Cholesterol: 169.5mg (56.5%), Sodium: 643.07mg (27.96%), Alcohol: 6.18g (100%), Alcohol %: 1.56% (100%), Protein: 46.76g (93.52%), Vitamin B3: 18.58mg (92.89%), Zinc: 9.32mg (62.15%), Vitamin B6: 1.16mg (57.81%), Vitamin B12: 3.16µg (52.63%), Phosphorus: 494.97mg (49.5%), Vitamin B2: 0.71mg (42.04%), Selenium: 23.02µg (32.88%), Copper: 0.65mg (32.61%), Vitamin B5: 3.12mg (31.21%), Potassium: 948.77mg (27.11%), Vitamin B1: 0.31mg (20.39%), Folate: 70.38µg (17.59%), Magnesium: 66.66mg (16.67%), Manganese: 0.33mg (16.37%), Iron: 2.84mg (15.8%), Vitamin E: 1.37mg (9.13%), Calcium: 82.71mg (8.27%), Vitamin C: 6.34mg (7.69%), Fiber: 1.63g (6.53%), Vitamin K: 6.8µg (6.48%)