



WHATSheATE



HEALTH SCORE

64%

Wine-Braised Lamb Shanks with Herbes de Provence



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings all purpose flour
- ☐ 1 cup tomatoes with added puree canned crushed
- ☐ 1.3 pounds slender carrots peeled
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 2.7 cups cooking wine dry red
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1.5 tablespoons herbes de provence dried

- ☐ 72 ounces lamb shanks
- ☐ 2.5 cups leeks white green chopped (and pale parts only)
- ☐ 5 tablespoons olive oil divided
- ☐ 6 large garlic cloves whole

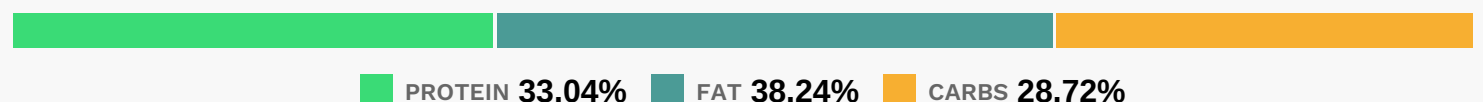
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat 1 tablespoon oil in heavy wide pot over medium heat.
- ☐ Add leeks and garlic; sauté until leeks soften, about 5 minutes.
- ☐ Transfer leek mixture to small bowl.
- ☐ Sprinkle lamb shanks with salt and pepper; dust with flour to coat.
- ☐ Heat remaining 4 tablespoons oil in same pot over medium-high heat.
- ☐ Add lamb and cook until brown, turning occasionally, about 12 minutes.
- ☐ Add leek mixture, wine, tomatoes with puree, mushrooms, herbes de Provence, and carrots. Stir to coat lamb with vegetable mixture. Reduce heat to medium-low, cover, and simmer until lamb is very tender, turning twice, about 1 hour 30 minutes. Uncover and continue to simmer until sauce reduces slightly, about 10 minutes longer. Spoon off fat from pan juices. Season lamb to taste with salt and pepper. (Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm, covered, over low heat before serving.)
- ☐ Sprinkle with parsley and serve.
- ☐ Not all supermarkets have lamb shanks on hand, so call ahead in case you need to order them.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:9.77, Inflammation Score:-10, Nutrition Score:34.107825965985%

Flavonoids

Petunidin: 3.54mg, Petunidin: 3.54mg, Petunidin: 3.54mg, Petunidin: 3.54mg Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg Malvidin: 27.99mg, Malvidin: 27.99mg, Malvidin: 27.99mg, Malvidin: 27.99mg Peonidin: 1.97mg, Peonidin: 1.97mg, Peonidin: 1.97mg, Peonidin: 1.97mg Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg, Catechin: 8.21mg Epicatechin: 11.37mg, Epicatechin: 11.37mg, Epicatechin: 11.37mg, Epicatechin: 11.37mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 473.14kcal (23.66%), Fat: 16.92g (26.03%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 23.58g (8.57%), Sugar: 7.84g (8.71%), Cholesterol: 96.24mg (32.08%), Sodium: 240.45mg (10.45%), Alcohol: 11.2g (100%), Alcohol %: 3.17% (100%), Protein: 32.89g (65.78%), Vitamin A: 16951.27IU (339.03%), Vitamin K: 138.28µg (131.7%), Zinc: 8.97mg (59.82%), Vitamin B12: 3.42µg (56.95%), Selenium: 37.75µg (53.92%), Vitamin B3: 9.72mg (48.61%), Phosphorus: 340.86mg (34.09%), Iron: 6.11mg (33.97%), Manganese: 0.62mg (31.13%), Vitamin B6: 0.58mg (28.82%), Vitamin C: 21.86mg (26.5%), Folate: 103.7µg (25.92%), Potassium: 892.02mg (25.49%), Vitamin B2: 0.43mg (25.3%), Vitamin E: 3.6mg (24.02%), Vitamin B1: 0.33mg (22.15%), Copper: 0.41mg (20.48%), Fiber: 5.02g (20.06%), Magnesium: 73.32mg (18.33%), Vitamin B5: 1.74mg (17.42%), Calcium: 111.93mg (11.19%)