

# Italian Braised Beef with Gremolata

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-braised-beef-recipe>

## Ingredients:

- 1 1/2 pounds beef shin of
- 1 beef dripping dessertspoon, or oil
- 1 onion medium, sliced thickly
- 1 clove garlic crushed
- 1/2 pint dry white wine
- 3/4 pound tomatoes peeled and chopped
- 1 tomato puree level tablespoon
- 1 rosemary level tablespoon fresh chopped
- salt
- black pepper
- 1 clove garlic finely chopped
- 2 tablespoons chopped parsley fresh
- 1 lemon

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 115 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 10 grams
8. Sodium: 320 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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