

Red Wine Braised Lamb Shanks

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-lamb-shanks-taste-recipe>

Ingredients:

- 4 lamb shanks about 1 pound each
- 1 onion large dice
- 6 carrots chopped
- 8 cloves garlic peeled
- 2 cups red wine
- 2 cups beef stock preferable homemade
- 1 tablespoon bacon fat
- 3 sprigs fresh rosemary
- 2 bay leaves
- 1/8 teaspoon ground cloves
- pepper
- salt

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 290 milligrams
4. Fat: 55 grams
5. Fiber: 4 grams
6. Protein: 80 grams
7. SaturatedFat: 25 grams
8. Sodium: 790 milligrams
9. Sugar: 8 grams

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