

# Delicaé Gourmet Product Information

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# 48281 **Italian Kitchen Osso Bucco** Net Wt. 7.2 oz. (233g)

**Ingredients:** Pearled Barley, Dehydrated vegetables (Carrots, Onions, Peas, Celery, Mushrooms), Minced Garlic, Parsley, Basil, Thyme and Black Pepper.

We love the succulent meat and wine infused sauce of this favorite Italian dish.

### Ingredients needed:

- 1 14 1/2 oz can of petite diced tomatoes
- 4 lbs. of veal shanks cut for Osso Bucco (4 or 5 shanks)
- 1 32 oz box of low sodium beef broth
- 2 cups of white or red wine

### Cooking Instructions

- 1. Place the veal shanks in the bottom of the slow cooker.
- 2. Rinse and sort the barley and layer over the veal shanks.
- 3. Layer the contents of the vegetable and spice packets over the barley.
- 4. Top evenly with the diced tomatoes.
- 5. Slowly pour the beef broth and wine over the ingredients. Do not stir.
- 6. Cover and cook on high for 5 ½ to 6 ½ hours or low for 8 to 9 hours.
- 7. Salt to taste.

**Serving Suggestions:** Top with gremolata, a combination of 1 tbsp minced garlic, 1 tbsp grated lemon zest and 3 tbsp of parsley. Serve with crusty Italian bread and a green salad. Top with sautéed mushrooms.

<b>Nutrition Facts</b>		
Serving Size As Packaged .98 oz. (28g)		
As Prepared 14 oz. (399g)		
Servings Per Container 8		
Amount Per Serving	As Packaged	As Prepared
<b>Calories</b>	100	330
Calories from Fat	5	60
<b>% Daily Value**</b>		
<b>Total Fat 0g*</b>	<b>0%</b>	<b>9%</b>
Saturated Fat 0g	<b>0%</b>	<b>8%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>35%</b>
<b>Sodium 30mg</b>	<b>1%</b>	<b>14%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>	<b>20%</b>
Sugars 3g		
<b>Protein 3g</b>		
Vitamin A	120%	120%
Vitamin C	4%	15%
Calcium	2%	10%
Iron	6%	15%
<small>* Amount in Mix. As prepared, one serving provides 6g total fat (1.5 saturated fat), 105mg cholesterol, 330mg sodium, 26g carbs (5g fiber, 5g sugar) and 33g protein.</small>		
<small>**Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>		