



Artichoke Veal Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.3 cup less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup bell pepper green sliced
- ☐ 0.8 cup cranberry-orange relish red yellow sliced
- ☐ 1 teaspoon cracked pepper black
- ☐ 0.3 teaspoon thyme leaves dried whole

☐ 24 ounce veal loin chops lean (3/)

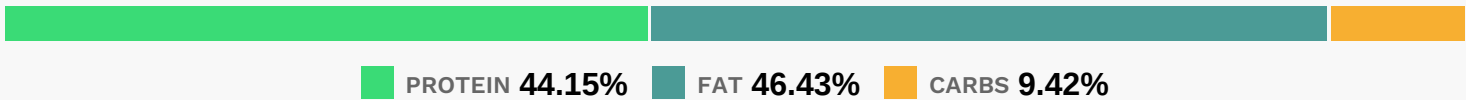
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Trim fat from veal chops. Rub cracked pepper over chops.
- ☐ Coat a large ovenproof nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add chops, and cook 3 to 4 minutes on each side or until browned.
- ☐ Remove chops from pan; set aside. Wipe drippings from pan with a paper towel.
- ☐ Place green bell pepper and next 4 ingredients in pan. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in artichoke hearts. Return chops to pan, spooning artichoke mixture over veal chops. Cover and bake at 350 for 25 minutes or until veal is tender.
- ☐ Sprinkle with chopped parsley.
- ☐ Tip: We liked the vibrant color that the orange, red, and yellow bell peppers gave this dish, but you can use all one color of pepper, too.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:22.149565064389%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 315.32kcal (15.77%), Fat: 15.7g (24.16%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 4.93g (1.79%), Sugar: 1.13g (1.25%), Cholesterol: 134.38mg (44.79%), Sodium: 590.75mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.19%), Vitamin C: 64.41mg (78.07%), Vitamin B3: 14.88mg (74.42%), Vitamin B6: 1mg (50.06%), Vitamin K: 44.99µg (42.85%), Phosphorus: 354.13mg (35.41%), Vitamin B12: 1.93µg (32.1%), Zinc: 4.06mg (27.08%), Vitamin B2: 0.43mg (25.14%), Vitamin B5: 2.32mg (23.17%), Selenium: 15.2µg (21.72%), Potassium: 627.98mg (17.94%), Magnesium: 46.27mg (11.57%), Copper: 0.22mg (10.81%), Manganese: 0.19mg (9.64%), Iron: 1.71mg (9.52%), Vitamin B1: 0.14mg (9.39%), Fiber: 2.24g (8.95%), Folate: 34.15µg (8.54%), Vitamin A: 275.54IU (5.51%), Calcium: 41.16mg (4.12%), Vitamin E: 0.51mg (3.43%)