



 **59%**
HEALTH SCORE

Blanquette de Veau

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon peppercorns white black
- 2 tablespoons butter
- 6 oz carrots peeled cut into 1/4-inch dice
- 2 tablespoons cornstarch
- 2 bay leaves dried (3 to 4 in. long)
- 2 cups fat-skimmed beef broth
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon zest grated

- 1 pound mushrooms (1-in.-wide caps)
- 10 oz onion frozen cooked (1 in. wide)
- 0.5 cup parsley chopped
- 6 servings salt
- 3 pounds ground veal cut into 1- to 2-inch chunks
- 0.5 cup whipping cream
- 3 cloves whole

Equipment

- bowl
- frying pan
- ladle
- slotted spoon

Directions

- Rinse meat and place in a 5- to 6-quart pan.
- Add broth, carrots, cloves, bay leaves, and peppercorns. Bring to a boil over high heat, cover, and simmer gently until meat is very tender when pierced, 1 to 1 1/4 hours.
- Meanwhile, rinse mushrooms; trim off and discard discolored stem ends. In a 10- to 12-inch frying pan over medium heat, melt butter; add mushrooms and onions, mix, cover, and cook, shaking pan or stirring often, until mushroom juices have evaporated and vegetables are beginning to brown, about 15 minutes.
- Remove from heat.
- When veal is tender, transfer meat and seasonings with a slotted spoon to the pan with the mushrooms and onions (mounding, if necessary); discard cloves and bay leaves if desired.
- Add lemon peel and cream to the broth in the 5- to 6-quart pan and boil, uncovered, over high heat until reduced to 3 cups, 10 to 15 minutes. Stir in parsley.
- In a small bowl, blend cornstarch with 2 tablespoons water until smooth; stir into boiling veal juices.
- Add lemon juice and the meat and vegetables; stir gently until meat is hot, 2 to 3 minutes.

Add salt to taste and ladle stew into wide bowls

Nutrition Facts

PROTEIN 39.46% **FAT 49.42%** **CARBS 11.12%**

Properties

Glycemic Index:28.31, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:36.669130408246%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg

Nutrients (% of daily need)

Calories: 491.64kcal (24.58%), Fat: 26.85g (41.3%), Saturated Fat: 11.75g (73.46%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 10.88g (3.96%), Sugar: 5.65g (6.28%), Cholesterol: 208.38mg (69.46%), Sodium: 767.27mg (33.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.23g (96.46%), Vitamin A: 5621.15IU (112.42%), Vitamin B3: 20.58mg (102.92%), Vitamin K: 87.31µg (83.15%), Vitamin B2: 1.01mg (59.22%), Phosphorus: 574.12mg (57.41%), Vitamin B6: 1.13mg (56.51%), Vitamin B12: 3.26µg (54.28%), Zinc: 7.61mg (50.73%), Vitamin B5: 4.41mg (44.13%), Selenium: 28.04µg (40.05%), Potassium: 1194.75mg (34.14%), Copper: 0.55mg (27.51%), Vitamin B1: 0.3mg (19.89%), Magnesium: 75.33mg (18.83%), Vitamin C: 14.73mg (17.86%), Folate: 66.56µg (16.64%), Iron: 2.96mg (16.44%), Manganese: 0.33mg (16.44%), Fiber: 2.7g (10.81%), Calcium: 84.01mg (8.4%), Vitamin E: 1.18mg (7.83%), Vitamin D: 0.47µg (3.12%)