

food
network



HEALTH SCORE

100%

Bollito Misto with Salsa Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



937 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 saltpacked anchovies rinsed
- ☐ 2 beef cheeks
- ☐ 4 beef sausages
- ☐ 1 pound brisket
- ☐ 4 servings pepper black freshly ground
- ☐ 2 pounds calf's tongue
- ☐ 1 tablespoon saltpacked capers rinsed drained
- ☐ 2 carrots peeled quartered

- ☐ 2 rib celery cut into 1 inch pieces
- ☐ 4 cornichons
- ☐ 1 hardboiled egg roughly chopped
- ☐ 1 onion spanish with 2 cloves peeled
- ☐ 1 bunch parsley italian leaves picked from stems
- ☐ 4 tablespoons red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 3 pounds veal shanks
- ☐ 3 quarts water
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 capon cut into 4 pieces
- ☐ 1 capon cut into 4 pieces

Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Cover calf's tongue and warm water and boil 40 minutes.
- ☐ Drain, cool and peel off outer skin and membrane. In a large soup pot, place 3 quarts water, vinegar, carrots, celery, onion and veal shank over high heat and bring to a boil. Cover and boil 45 minutes.
- ☐ Add brisket, beef cheeks and sausages and boil, covered, 30 minutes.
- ☐ Add capon and turkey breast and boil uncovered, 45 minutes. Replace dissipated water with each step.
- ☐ Remove each piece of meat and arrange on a platter.
- ☐ To make salsa verde: place parsley, anchovies, capers, hardboiled egg, cornichons, white wine vinegar, salt and pepper in food processor and blend until smooth, about one minute.
- ☐ Carve meat and serve with salsa verde.

Nutrition Facts

PROTEIN 60.92% FAT 33.13% CARBS 5.95%

Properties

Glycemic Index:42.46, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:68.046086865923%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg, Kaempferol: 3.09mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 937.31kcal (46.87%), Fat: 33.16g (51.01%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 11.49g (4.18%), Sugar: 2.9g (3.22%), Cholesterol: 1131.84mg (377.28%), Sodium: 1285.23mg (55.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 137.16g (274.33%), Vitamin B12: 143.3µg (2388.38%), Vitamin A: 94947.27IU (1898.95%), Copper: 27.43mg (1371.52%), Vitamin B2: 6.75mg (397.19%), Zinc: 46.31mg (308.74%), Vitamin B3: 54.65mg (273.26%), Vitamin K: 242.69µg (231.13%), Vitamin B6: 4.25mg (212.27%), Vitamin B5: 18.92mg (189.17%), Phosphorus: 1793.94mg (179.39%), Selenium: 101.97µg (145.68%), Iron: 20.71mg (115.04%), Folate: 381.59µg (95.4%), Potassium: 2397.67mg (68.5%), Vitamin B1: 0.83mg (55.34%), Magnesium: 167.68mg (41.92%), Manganese: 0.76mg (37.92%), Vitamin C: 24.6mg (29.82%), Calcium: 155.01mg (15.5%), Vitamin E: 1.68mg (11.22%), Fiber: 1.9g (7.6%), Vitamin D: 0.28µg (1.84%)