



Brains In Sherry Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon mustard dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup bell pepper green finely chopped
- ☐ 1 cup half-and-half divided
- ☐ 3 tablespoons olive oil
- ☐ 2 cups onion finely chopped
- ☐ 0.3 cup parmesan cheese
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 0.3 cup cooking sherry
- ☐ 2 pounds veal brains

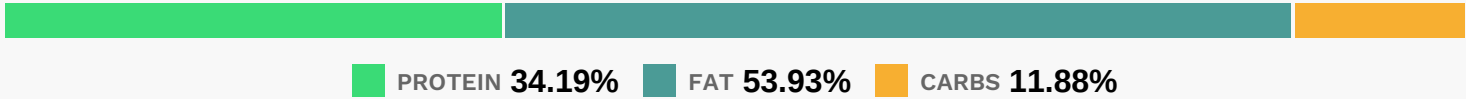
Equipment

- ☐ dutch oven

Directions

- ☐ Wash brains thoroughly in cold water; carefully remove membrane.
- ☐ Drain well.
- ☐ Combine flour, mustard, salt, and pepper; dredge brains in flour mixture, coating well. Set aside.
- ☐ Saut onion and green pepper in hot oil in a large Dutch oven until tender.
- ☐ Add brains, and cook until browned, turning gently to brown all sides.
- ☐ Gradually add 1/2 cup half-and-half. Cover and cook over low heat 40 minutes.
- ☐ Combine remaining half-and-half, Parmesan cheese, and sherry.
- ☐ Pour over brains mixture; cook an additional 5 minutes over low heat.
- ☐ Serve immediately over toast points, if desired.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:2.52, Inflammation Score:-5, Nutrition Score:14.890434704721%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg,

Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 302.77kcal (15.14%), Fat: 17.64g (27.13%), Saturated Fat: 6.58g (41.13%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.51g (2.73%), Sugar: 3.56g (3.95%), Cholesterol: 105.7mg (35.23%), Sodium: 455.05mg (19.78%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 25.16g (50.31%), Vitamin B3: 8.9mg (44.5%), Phosphorus: 307.98mg (30.8%), Vitamin B6: 0.58mg (29.09%), Vitamin B12: 1.61µg (26.91%), Zinc: 3.85mg (25.68%), Vitamin B2: 0.41mg (24.06%), Vitamin C: 18.27mg (22.14%), Selenium: 13.85µg (19.79%), Vitamin B5: 1.68mg (16.81%), Potassium: 509.23mg (14.55%), Vitamin B1: 0.16mg (10.65%), Magnesium: 42.52mg (10.63%), Calcium: 102.2mg (10.22%), Manganese: 0.19mg (9.45%), Copper: 0.17mg (8.44%), Vitamin E: 1.26mg (8.39%), Folate: 32.01µg (8%), Iron: 1.42mg (7.87%), Vitamin K: 5.64µg (5.37%), Fiber: 1.24g (4.97%), Vitamin A: 202.84IU (4.06%)