



Braised Breast of Veal with Onions and Herbs: Petto di Vitello con Cipolline e Mentuccia

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

185 min.

SERVINGS

servings

6

CALORIES

calories

592 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.5 cup mint leaves fresh
- ☐ 1 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 5 jalapeños split red seeded cut into 1/4-inch half moons
- ☐ 0.5 cup red wine
- ☐ 1 tablespoon rosemary leaves chopped
- ☐ 6 servings salt and pepper black

- ☐ 1 tablespoon thyme leaves chopped
- ☐ 5 pounds veal breast with bones in, fat trimmed
- ☐ 0.5 pound cippolline peeled cut in the base of each
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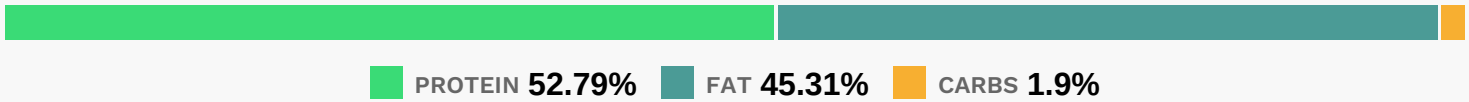
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Lightly oil a pot large enough for the breast to fit it, cutting the meat into 2 or 3 pieces if necessary.
- ☐ Pour in water to cover.
- ☐ Add the salt and pepper, the oil and the herbs and cover. Cook over medium-low heat until the water has evaporated and the meat has started to brown, about 2 hours. Turn the meat and continue cooking until second side is deep golden brown adding more water if necessary. When very tender, remove to a serving platter.
- ☐ Degrease the pan and add the cippolline.
- ☐ Sauté over high heat until lightly browned. Return the meat to the pan and add the wine. Cover and simmer until the onions are cooked, about 10 to 15 minutes.
- ☐ Let the meat rest 5 minutes before slicing. Finish with mint leaves and chiles and serve.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:34.741304418315%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg,

Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg
Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 1.16mg,
Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin:
0.51mg, Hesperetin: 0.51mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg
Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin:
1.02mg, Luteolin: 1.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.21mg, Quercetin: 0.21mg,
Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 591.75kcal (29.59%), Fat: 28.09g (43.21%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 2.65g (0.88%),
Net Carbohydrates: 1.85g (0.67%), Sugar: 0.75g (0.83%), Cholesterol: 309.95mg (103.32%), Sodium: 507.45mg
(22.06%), Alcohol: 2.12g (100%), Alcohol %: 0.64% (100%), Protein: 73.62g (147.23%), Vitamin B3: 28.64mg
(143.18%), Vitamin B12: 5.07µg (84.42%), Vitamin B6: 1.64mg (81.78%), Phosphorus: 781.54mg (78.15%), Zinc: 11.71mg
(78.04%), Vitamin B2: 1.05mg (62.02%), Vitamin B5: 5mg (50.01%), Selenium: 30.73µg (43.9%), Potassium:
1289.03mg (36.83%), Magnesium: 101.74mg (25.44%), Vitamin C: 20.92mg (25.35%), Copper: 0.45mg (22.55%),
Iron: 3.9mg (21.65%), Vitamin B1: 0.32mg (21.18%), Folate: 58.86µg (14.71%), Vitamin K: 14.05µg (13.38%), Manganese:
0.23mg (11.3%), Vitamin E: 1.4mg (9.36%), Calcium: 79.1mg (7.91%), Vitamin A: 392.78IU (7.86%), Fiber: 0.8g (3.21%)