



HEALTH SCORE

69%

Braised Veal Breast with Herbs, Pernod, and Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 fillet anchovy chopped
- ☐ 14.5 ounce frangelico diced canned
- ☐ 1 cup wine dry white
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 8 large garlic clove chopped

- ☐ 2 tablespoons lemon zest grated
- ☐ 1 cup chicken broth
- ☐ 1 cup oil-cured olives green (such as picholine; 6 ounces)
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion halved thinly sliced
- ☐ 10 ounce pearl onions peeled
- ☐ 0.3 cup pernod
- ☐ 2 large shallots sliced
- ☐ 4.8 pound ground veal (8 bones)

Equipment

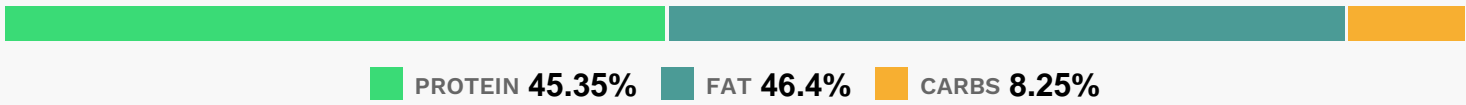
- ☐ bowl
- ☐ pot
- ☐ tongs

Directions

- ☐ Sprinkle veal ribs on all sides with salt, pepper, thyme, and sage.
- ☐ Heat oil in heavy large wide pot over medium-high heat.
- ☐ Add half of ribs and sauté until brown, turning occasionally, about 10 minutes.
- ☐ Transfer ribs to bowl. Repeat with remaining ribs.
- ☐ Reduce heat to medium-low.
- ☐ Add onion, garlic, and shallots to pot. Cover and cook until soft, occasionally scraping up any browned bits, about 8 minutes.
- ☐ Mix in anchovy fillets; cook 1 minute.
- ☐ Add white wine and Pernod. Increase heat and boil mixture 3 minutes.
- ☐ Add diced tomatoes with juice, chicken broth, and chopped fresh tarragon; stir to blend.
- ☐ Add veal and any accumulated juices from bowl, arranging veal in single layer in pot. Bring to simmer. Reduce heat to medium-low, cover, and simmer until veal is tender, turning veal occasionally, about 1 3/4 hours.

- ☐
- Add peeled pearl onions and green olives to pot. Cover and simmer until pearl onions are tender, about 25 minutes longer. Do ahead Braised veal can be made 2 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm before continuing.
- ☐
- Using tongs, transfer veal to plate. Tilt pot and spoon off fat from top of sauce; discard fat. Boil sauce until thick enough to coat spoon, about 5 minutes.
- ☐
- Mix in grated lemon peel. Return veal to sauce and simmer until heated through and flavors blend, about 5 minutes. Season to taste with salt and pepper.
- ☐
- Transfer veal to large shallow bowl and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:50.7760870975%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg, Isorhamnetin: 5.43mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 22.13mg, Quercetin: 22.13mg, Quercetin: 22.13mg, Quercetin: 22.13mg

Nutrients (% of daily need)

Calories: 1060.29kcal (53.01%), Fat: 49.52g (76.19%), Saturated Fat: 16.96g (106%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 15.53g (5.65%), Sugar: 6.6g (7.33%), Cholesterol: 443.49mg (147.83%), Sodium: 1000.65mg (43.51%), Alcohol: 11.86g (100%), Alcohol %: 1.57% (100%), Protein: 108.9g (217.79%), Copper: 5.31mg (265.6%), Vitamin B3: 42.17mg (210.84%), Vitamin B6: 2.56mg (128.01%), Vitamin B12: 7.3µg (121.59%), Phosphorus: 1185.47mg (118.55%), Zinc: 17.12mg (114.16%), Vitamin B2: 1.57mg (92.12%), Vitamin B5: 7.33mg (73.32%), Selenium: 46.73µg (66.76%), Potassium: 2114.83mg (60.42%), Magnesium: 167.64mg (41.91%), Manganese: 0.82mg (41.06%), Iron: 6.61mg (36.7%), Vitamin B1: 0.52mg (34.96%), Folate: 102.9µg (25.72%), Vitamin E: 3.75mg (25%), Vitamin C: 18.44mg (22.35%), Calcium: 191.87mg (19.19%), Fiber: 4.28g (17.13%), Vitamin A: 295.49IU (5.91%), Vitamin K: 5.57µg (5.3%)