



Braised Veal Cheeks

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bay leaf
- 0.3 teaspoon pepper black freshly ground
- 5 peppercorns black
- 0.8 cup breadcrumbs fresh
- 1.5 tablespoons canola oil
- 0.5 carrots chopped
- 1 rib celery chopped
- 1 tablespoon chervil fresh chopped

- 4 tablespoons dijon mustard
- 1 tablespoon chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 onion chopped
- 0.3 teaspoon salt
- 1 shallots chopped
- 1 thyme sprig fresh
- 10 veal cheeks trimmed
- 2 cups veal stock
- 0.3 cup white wine

Equipment

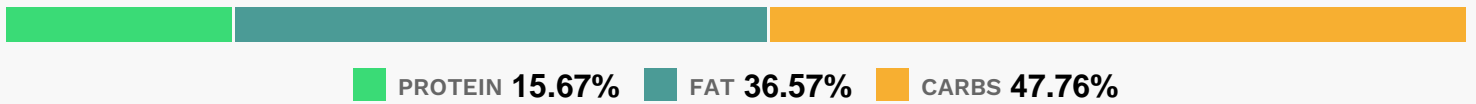
- frying pan
- oven
- knife
- roasting pan
- dutch oven

Directions

- Preheat oven to 32
- Combine breadcrumbs and next 3 ingredients. Set aside.
- Sprinkle veal cheeks with salt and pepper.
- Heat oil in an ovenproof Dutch oven over medium-high heat. Cook veal cheeks, in two batches, 3 to 4 minutes on each side or until browned.
- Remove from pan.
- Reduce heat to medium, and add onion and next 3 ingredients. Cook vegetables 5 minutes or until browned.
- Add thyme, bay leaf, and peppercorns.
- Add white wine, stirring to loosen particles from bottom of pan, and cook 2 minutes.

- Add veal stock, and bring to a boil.
- Remove from heat. Return veal cheeks to pan.
- Bake, covered, at 325 for 1 1/4 hours. (Veal cheeks are done when a small knife inserted in the middle slides out with no resistance.)
- Remove veal cheeks from pan; keep warm. Strain braising liquid, return liquid to pan, and reduce over medium-high heat to about 2/3 cup.
- Place veal cheeks on a roasting pan, and brush with mustard; sprinkle with herbed breadcrumbs. Broil 1 to 2 minutes or until golden brown.
- Serve with reduced braising liquid.

Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:8.7291304909665%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 147.77kcal (7.39%), Fat: 5.78g (8.89%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.97g (5.45%), Sugar: 2.98g (3.31%), Cholesterol: 1.64mg (0.55%), Sodium: 565.95mg (24.61%), Alcohol: 1.24g (100%), Alcohol %: 0.93% (100%), Protein: 5.57g (11.14%), Vitamin A: 1192.75IU (23.85%), Vitamin K: 20.06µg (19.11%), Vitamin B1: 0.23mg (15.37%), Manganese: 0.31mg (15.33%), Selenium: 9.92µg (14.17%), Vitamin B3: 2.3mg (11.5%), Vitamin B2: 0.19mg (10.89%), Iron: 1.83mg (10.14%), Potassium: 352.59mg (10.07%), Phosphorus: 89.91mg (8.99%), Fiber: 2g (8.02%), Folate: 30.24µg (7.56%), Vitamin B6: 0.15mg (7.32%), Calcium: 69.79mg (6.98%), Magnesium: 26.67mg (6.67%), Copper: 0.12mg (6.14%), Vitamin E: 0.86mg (5.73%), Zinc: 0.71mg (4.74%), Vitamin C: 3.87mg (4.69%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.08µg (1.39%)