



HEALTH SCORE

59%

Braised Veal Shoulder with Gremolata and Tomato-Olive Salad



Gluten Free



Dairy Free



Very Healthy

READY IN

**360 min.**

SERVINGS

**8**

CALORIES

**634 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups canned tomatoes diced canned drained (from 14.5-ounce can)
- ☐ 2 medium carrots diced
- ☐ 1 cup celery chopped
- ☐ 8 servings coarse kosher salt
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 large garlic cloves chopped

- ☐ 0.8 cup kalamata olives pitted halved
- ☐ 3 large lemon zest finely grated
- ☐ 2 cups low-salt chicken broth
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 2 cups onions chopped
- ☐ 0.8 cup parsley fresh italian chopped
- ☐ 5 pound boned veal shoulder clod roast trimmed

Equipment

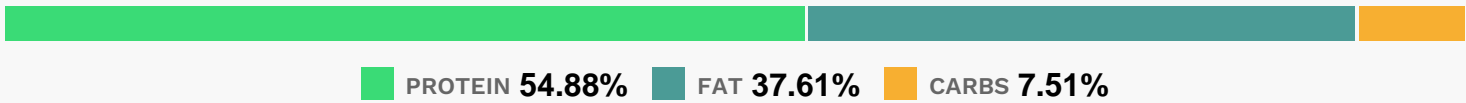
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ glass baking pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place veal on work surface; open flat like book.
- ☐ Sprinkle top surface evenly with coarse salt, freshly ground black pepper, and reserved gremolata seasoning.
- ☐ Roll up veal. Tie with kitchen string every 1 1/2 inches to hold shape.
- ☐ Sprinkle outside of roast with coarse salt and pepper.
- ☐ Preheat oven to 350°F.
- ☐ Place veal on work surface; open flat like book.
- ☐ Sprinkle top surface evenly with coarse salt, freshly ground black pepper, and reserved gremolata seasoning.

- ☐ Roll up veal. Tie with kitchen string every 1 1/2 inches to hold shape.
- ☐ Sprinkle outside of roast with coarse salt and pepper.
- ☐ Heat 2 tablespoons oil in heavy large ovenproof pot over high heat.
- ☐ Add veal and brown on all sides, turning with 2 wooden spoons, 15 to 18 minutes.
- ☐ Transfer veal to small rimmed baking sheet.
- ☐ Reduce heat to medium.
- ☐ Add remaining 1 tablespoon oil to same pot.
- ☐ Add onions, carrots, and celery; sauté until beginning to soften, about 5 minutes.
- ☐ Add wine; boil 3 minutes, scraping up browned bits.
- ☐ Add broth, tomatoes, garlic, and rosemary. Return sauce to boil. Return veal to pot.
- ☐ Sprinkle olives around veal. Cover; transfer to oven.
- ☐ Braise veal until very tender, turning with wooden spoons every 30 to 40 minutes, about 2 1/2 hours total. Cool veal, uncovered, in sauce in pot, 2 hours. DO AHEAD: can be made 1 day ahead. Chill until cold, then cover and keep chilled.
- ☐ Spoon off any fat from surface of sauce.
- ☐ Transfer veal to work surface.
- ☐ Cut veal crosswise into 1/2-to 3/4-inch-thick slices, removing string. Overlap veal slices in 13 x 9 x 2-inch glass baking dish.
- ☐ Rewarm sauce in pot over low heat. Spoon off any additional fat from surface. Boil sauce until reduced to 4 cups, about 12 minutes.
- ☐ Transfer 1 cup solids from sauce (without olives) to blender and puree. Return puree to sauce. Season sauce with coarse salt and pepper. Spoon sauce over veal. DO AHEAD: can be made 1 day ahead. Cover dish with foil and chill. Rewarm, covered, in 350°F oven 20 to 30 minutes.
- ☐ Sprinkle veal with reserved 1/4 cup gremolata and serve.

Nutrition Facts



Properties

Glycemic Index:25.73, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:45.330434534861%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 12.49mg, Apigenin: 12.49mg, Apigenin: 12.49mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 634.34kcal (31.72%), Fat: 25.55g (39.31%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 8.42g (3.06%), Sugar: 4.88g (5.42%), Cholesterol: 229.63mg (76.54%), Sodium: 687.4mg (29.89%), Alcohol: 1.58g (100%), Alcohol %: 0.4% (100%), Protein: 83.9g (167.8%), Vitamin B12: 9.41µg (156.91%), Zinc: 23.15mg (154.33%), Selenium: 93.2µg (133.14%), Vitamin B6: 2.11mg (105.3%), Vitamin K: 108.41µg (103.25%), Vitamin B3: 17.63mg (88.16%), Phosphorus: 763.44mg (76.34%), Vitamin A: 3246.14IU (64.92%), Iron: 9.72mg (54.01%), Vitamin B2: 0.7mg (40.92%), Potassium: 1423.16mg (40.66%), Magnesium: 95.55mg (23.89%), Vitamin B5: 2.38mg (23.85%), Copper: 0.47mg (23.61%), Vitamin C: 19.1mg (23.15%), Vitamin B1: 0.3mg (20.16%), Vitamin E: 2.34mg (15.58%), Folate: 50.3µg (12.58%), Fiber: 3.06g (12.26%), Manganese: 0.23mg (11.54%), Calcium: 90.77mg (9.08%), Vitamin D: 0.28µg (1.89%)