



 14%  
HEALTH SCORE

## Broccoli Rabe and Breaded Veal Scallopini

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SIDE DISH

### Ingredients

- 500 g broccoli rabe
- 2 tablespoons butter
- 1 eggs beaten
- 4 servings olive oil
- 4 servings salt and pepper
- 1 small onion yellow

### Equipment

- frying pan

pressure cooker

## Directions

- Wash and steam the broccoli rabe for a few minutes (3 or
- in a pressure cooker. Thinly slice the onion. Peel the garlic clove, cut in half and remove the stem.
- Heat up 1 or 2 tbsp olive oil in a deep pan. Saut the onion and garlic for a few minutes on medium heat until translucent.
- Add the broccoli rabe, close with a lid and cook for a few minutes.
- Cut the tomatoes in 4 or 8 wedges depending on their size, add to the pan and cook several more minutes. Season with salt and pepper and serve. Proceed as follows with each scalopini: Season with salt and pepper. Dip in beaten egg. Dip in bread crumb and cover evenly. Pan fry in a good amount of butter (add more butter before flipping as the bread crumb will absorb it), 1 or 2 minutes on each side over high heat.

## Nutrition Facts

**PROTEIN 9.5%** **FAT 81.53%** **CARBS 8.97%**

## Properties

Glycemic Index: 27.25, Glycemic Load: 0.42, Inflammation Score: -10, Nutrition Score: 18.87%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

## Nutrients (% of daily need)

Calories: 224.18kcal (11.21%), Fat: 21.35g (32.85%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 1.61g (0.58%), Sugar: 1.26g (1.4%), Cholesterol: 55.97mg (18.66%), Sodium: 296.65mg (12.9%), Protein: 5.6g (11.2%), Vitamin K: 289.02µg (275.26%), Vitamin A: 3512.18IU (70.24%), Vitamin C: 26.55mg (32.18%), Vitamin E: 4.32mg (28.82%), Folate: 112.46µg (28.11%), Manganese: 0.52mg (26%), Iron: 2.99mg (16.59%), Calcium: 147.13mg (14.71%), Fiber: 3.67g (14.69%), Vitamin B1: 0.22mg (14.35%), Vitamin B2: 0.22mg (12.86%), Vitamin B6: 0.25mg (12.68%), Phosphorus: 119.79mg (11.98%), Potassium: 287.59mg (8.22%), Vitamin B3: 1.56mg (7.78%), Magnesium: 30.72mg (7.68%), Zinc: 1.14mg (7.61%), Selenium: 4.79µg (6.84%), Vitamin B5: 0.6mg (6%), Copper:

0.07mg (3.37%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.47%)