



Broiled Veal Chop alla Fiorentina

 Gluten Free

READY IN



195 min.

SERVINGS



2

CALORIES



1106 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces butter (1 stick)
- 2 garlic cloves chopped
- 1 optional: lemon cut in half
- 2 servings vegetables steamed
- 1 teaspoon rosemary
- 1 teaspoon sage
- 1 pinch salt and pepper
- 2 veal loin chops ()

2 ounces virgin olive oil

Equipment

frying pan

broiler

Directions

Butterfly veal chops and marinate for 2 to 3 hours, refrigerated, in mixture of chopped garlic, rosemary, sage, salt, pepper, and olive oil. Coat veal chops thoroughly by turning several times.

Put veal chops on broiling pan coated in butter.

Place pan under a preheated broiler and cook veal for 5 minutes on each side. Arrange veal chops on plates and pour natural juices from pan over them. Squeeze lemon on top and serve with steamed vegetables.

Nutrition Facts

 **PROTEIN 16.75%** **FAT 76.66%** **CARBS 6.59%**

Properties

Glycemic Index:110.25, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:38.269130499467%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 1105.51kcal (55.28%), Fat: 95.7g (147.23%), Saturated Fat: 41.97g (262.31%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 13.2g (4.8%), Sugar: 1.41g (1.57%), Cholesterol: 300.44mg (100.15%), Sodium: 621.06mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.03g (94.07%), Copper: 3.36mg (167.88%), Vitamin A: 6051.6IU (121.03%), Vitamin B3: 20.4mg (102.02%), Vitamin B6: 1.37mg (68.41%), Phosphorus: 530.67mg (53.07%), Vitamin C: 39.05mg (47.33%), Vitamin B12: 2.61µg (43.42%), Vitamin E: 6.07mg (40.46%), Zinc: 5.79mg (38.61%),

Vitamin B2: 0.65mg (38.5%), Vitamin B5: 3.27mg (32.69%), Vitamin K: 33.52µg (31.92%), Selenium: 20.79µg (29.69%), Potassium: 985.15mg (28.15%), Manganese: 0.45mg (22.5%), Fiber: 5.31g (21.23%), Magnesium: 81.83mg (20.46%), Vitamin B1: 0.3mg (20.19%), Iron: 3.19mg (17.7%), Folate: 63.65µg (15.91%), Calcium: 99.48mg (9.95%)