



Caper-Stuffed Veal with Tomato Spinach Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 1 tablespoon butter
- ☐ 1.5 cups canned tomatoes thick canned crushed (one 15-ounce can)
- ☐ 0.3 cup capers drained
- ☐ 0.3 cup bread crumbs dry
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings fresh-ground pepper black
- ☐ 4 tablespoons olive oil

- ☐ 0.5 cup red wine
- ☐ 4 servings salt
- ☐ 10 ounce pkt spinach washed
- ☐ 8 veal scaloppine ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ In a small bowl, combine the capers, parsley, bread crumbs, anchovy paste, and 2 tablespoons of the olive oil.
- ☐ Put the veal on a work surface and sprinkle 1/8 teaspoon salt and 1/8 teaspoon pepper over the meat. Put some of the stuffing near the bottom of each piece of veal.
- ☐ Roll the veal up loosely, enclosing the stuffing, and secure each piece with a toothpick.
- ☐ In a large deep frying pan, heat the remaining 2 tablespoons oil and the butter over moderate heat.
- ☐ Add the veal rolls to the pan and brown, in batches if necessary, for about 3 minutes.
- ☐ Remove.
- ☐ Reduce the heat to moderately low.
- ☐ Add the wine to the pan and cook, stirring to dislodge any brown bits that cling to the bottom of the pan. Stir in the tomatoes, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Bring to a simmer. Return the veal to the pan. Cover and continue to simmer, turning the rolls once, until tender, about 25 minutes.
- ☐ Remove the veal from the pan.
- ☐ Add the spinach to the sauce and simmer until the spinach wilts and the sauce thickens, about 3 minutes.
- ☐ Remove the toothpicks from the veal rolls and serve the rolls with the sauce.
- ☐ Wine Recommendation: Dolcetto d'Alba may taste too tart when drunk on its own, but it will shine when balanced by a tomato sauce such as the one here.

Nutrition Facts

 **PROTEIN 8.94%**  **FAT 64.12%**  **CARBS 26.94%**

Properties

Glycemic Index:49.75, Glycemic Load:2.33, Inflammation Score:-10, Nutrition Score:24.236956698739%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 18.94mg, Kaempferol: 18.94mg, Kaempferol: 18.94mg, Kaempferol: 18.94mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 22mg, Quercetin: 22mg, Quercetin: 22mg, Quercetin: 22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 263.19kcal (13.16%), Fat: 18.17g (27.95%), Saturated Fat: 4.02g (25.14%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 13.05g (4.74%), Sugar: 5.1g (5.67%), Cholesterol: 9.8mg (3.27%), Sodium: 792.6mg (34.46%), Alcohol: 3.18g (100%), Alcohol %: 1.72% (100%), Protein: 5.7g (11.4%), Vitamin K: 392.26µg (373.58%), Vitamin A: 7113.44IU (142.27%), Manganese: 0.95mg (47.52%), Folate: 165.26µg (41.31%), Vitamin C: 31.39mg (38.05%), Vitamin E: 4.82mg (32.13%), Iron: 4.12mg (22.9%), Magnesium: 87.46mg (21.87%), Potassium: 745.3mg (21.29%), Copper: 0.33mg (16.73%), Fiber: 4.13g (16.52%), Vitamin B6: 0.32mg (15.84%), Vitamin B2: 0.25mg (14.9%), Vitamin B1: 0.22mg (14.54%), Vitamin B3: 2.69mg (13.43%), Calcium: 130.61mg (13.06%), Phosphorus: 94.72mg (9.47%), Selenium: 4.43µg (6.33%), Zinc: 0.93mg (6.23%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.07µg (1.18%)