



HEALTH SCORE

63%

Chard and Mushroom-Stuffed Breast of Veal



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



584 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons pepper black freshly ground plus more for seasoning
- ☐ 2 cups carrots finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 1 pound crimini mushrooms trimmed finely chopped (baby bella)
- ☐ 2 ounces porcini mushrooms dried
- ☐ 2 cups cooking wine dry white
- ☐ 2 eggs
- ☐ 5 teaspoons sage fresh divided chopped

- ☐ 6 garlic cloves chopped
- ☐ 1 teaspoon ground cardamom
- ☐ 8 teaspoons hungarian paprika sweet divided
- ☐ 2 tablespoons kosher salt plus more for seasoning
- ☐ 2 cups leeks white finely sliced (and pale-green parts only)
- ☐ 1 cup low-salt chicken broth ()
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 cups onions chopped
- ☐ 1 cup parmesan finely grated
- ☐ 12 ounces swiss chard coarsely chopped
- ☐ 4 pound veal breast boneless trimmed halved (approx.)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ kitchen twine

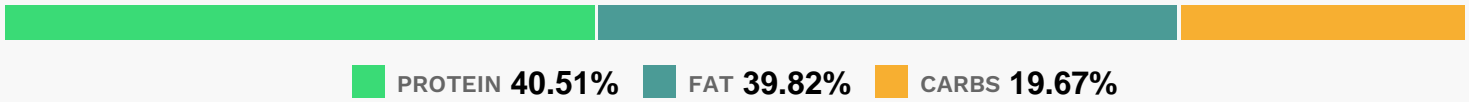
Directions

- ☐ Place dried porcini in a 2-cupmeasuring cup.
- ☐ Add boiling water to cover.
- ☐ Let soak for 30 minutes.

- ☐ Using a slotted spoon, transfer mushrooms to a work surface. Reserve soaking liquid. Chop mushrooms; reserve.
- ☐ Cook the chard in a large pot of boiling salted water for 5 minutes.
- ☐ Transfer to a large bowl of ice water to cool.
- ☐ Drain; squeeze out liquid.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add leeks, onions, garlic, and a pinch each of salt and pepper. Cover and cook, stirring occasionally, until vegetables are soft, about 10 minutes.
- ☐ Add chopped crimini mushrooms, sage, and half of chopped porcini. Cook, uncovered and stirring occasionally, until crimini are soft, about 5 minutes.
- ☐ Place bread cubes in a large bowl.
- ☐ Add mushroom mixture with any liquid from pan and chard; stir to combine. Stir in Parmesan; season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill stuffing, remaining porcini, and soaking liquid.
- ☐ Add eggs and mix well to moisten bread, adding some of reserved porcini soaking liquid to moisten if necessary (leave any sediment behind).
- ☐ Preheat oven to 325°F.
- ☐ Combine 6 teaspoons paprika, 2 tablespoons salt, 4 teaspoons sage, 4 teaspoons pepper, and cardamom in a small bowl.
- ☐ Place veal breasts on a work surface and pound thickest part of veal with a meat mallet into even thickness. Rub spice mix all over.
- ☐ Spread 1 1/2 cups stuffing over each, leaving a 1" border on all sides. (
- ☐ Place remaining stuffing in a small baking dish; bake with veal during last 30 minutes of roasting).
- ☐ Roll veal into cylinders and tie crosswise with kitchen twine at 1" intervals.
- ☐ Heat oil in a heavy pot large enough to hold both veal breasts over medium-high heat.
- ☐ Add veal to pot and cook until browned on all sides, 5–7 minutes.
- ☐ Transfer veal to a large plate.
- ☐ Add remaining reserved porcini from stuffing, leeks, carrots, celery, and onion to pot.
- ☐ Add remaining 2 teaspoons paprika and 1 teaspoon sage; season with salt and pepper and stir to coat.

- ☐ Add wine, broth, and any remaining porcini soaking liquid. Boil for 2 minutes.
- ☐ Add veal. (Liquid should come halfway up sides of veal; add more broth if necessary).
- ☐ Cover, transfer to oven, and cook, basting and rotating veal every hour, until very tender, 2 1/2–3 hours, depending on thickness of veal.
- ☐ Transfer veal breasts to a carving board; tent loosely with foil.
- ☐ Meanwhile, spoon fat from surface of sauce. Strain sauce into a saucepan.
- ☐ Transfer vegetables to a blender; purée until smooth, adding some sauce as necessary.
- ☐ Add 2 cups puréed vegetables to sauce in pan. Simmer over medium–high heat until reduced to 4 cups, 8–10 minutes. Season to taste with salt and pepper. Set aside 3 cups for veal and reserve the remaining 1 cup sauce for another use.
- ☐ Slice veal into 3/4"–1"-thick slices and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:40.1, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:51.246086929155%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 13.32mg, Quercetin: 13.32mg, Quercetin: 13.32mg, Quercetin: 13.32mg

Nutrients (% of daily need)

Calories: 584.27kcal (29.21%), Fat: 24.12g (37.11%), Saturated Fat: 9.44g (59%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 21.31g (7.75%), Sugar: 7.69g (8.54%), Cholesterol: 235.39mg (78.46%), Sodium: 2293.85mg (99.73%), Alcohol: 6.18g (100%), Alcohol %: 1.33% (100%), Protein: 55.22g (110.44%), Vitamin K: 377.45µg (359.47%), Copper: 4.9mg (244.84%), Vitamin A: 9523.28IU (190.47%), Vitamin B3: 21.59mg (107.95%), Phosphorus: 748.64mg (74.86%), Vitamin B2: 1.21mg (71.03%), Vitamin B6: 1.42mg (70.87%), Selenium: 44.12µg (63.02%), Zinc: 9.24mg (61.6%), Vitamin B5: 6mg (59.99%), Vitamin B12: 3.37µg (56.22%), Manganese: 1.1mg (54.89%), Potassium: 1672.27mg (47.78%), Magnesium: 142.48mg (35.62%), Calcium: 293.32mg (29.33%), Vitamin C: 23.17mg (28.08%),

Iron: 5mg (27.76%), Folate: 105.29µg (26.32%), Vitamin B1: 0.37mg (24.46%), Fiber: 5.51g (22.05%), Vitamin E: 3.1mg (20.68%), Vitamin D: 0.62µg (4.1%)