



Classic Veal Marsala

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 1 pound mushrooms fresh sliced
- ☐ 1 clove garlic minced
- ☐ 1 cup beef broth low-sodium
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 cup plum brandy dry
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large shallots minced

- ☐ 2 tablespoons butter unsalted
- ☐ 1 pound veal medallions

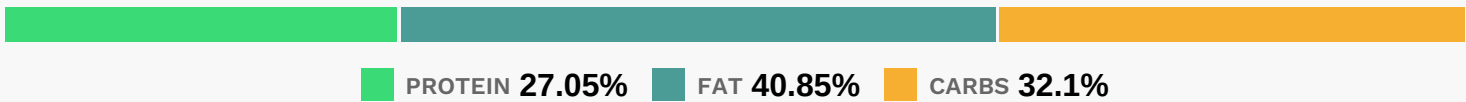
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 250 degrees F (120 degrees C).
- ☐ Heat 1 tablespoon olive oil in a skillet over medium-high heat. Lightly coat the veal medallions in flour, and season with salt and pepper. Cook in the heated skillet about 5 minutes, to an internal temperature of 160 degrees F (70 degrees C).
- ☐ Remove from the skillet, place in a baking dish covered with foil, and keep warm in the preheated oven until ready to serve.
- ☐ Heat the remaining olive oil in the skillet over medium low heat, and saute the shallot and mushrooms, scraping up any browned bits, until shallots are tender. Increase heat to medium high, and stir in the Marsala and garlic. Cook and stir until thickened.
- ☐ Mix the chicken broth and beef broth into the skillet, and continue to cook and stir until reduced to about 1/4 cup.
- ☐ Remove from heat, and whisk in the butter until melted.
- ☐ Serve over the veal.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:18.4, Inflammation Score:-6, Nutrition Score:23.934347888698%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 538.31kcal (26.92%), Fat: 21.76g (33.48%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 38.48g (12.83%), Net Carbohydrates: 36.29g (13.2%), Sugar: 7.65g (8.51%), Cholesterol: 108.04mg (36.01%), Sodium: 445.66mg (19.38%), Alcohol: 9.18g (100%), Alcohol %: 2.25% (100%), Protein: 32.42g (64.84%), Vitamin B3: 16.21mg (81.04%), Vitamin B2: 0.97mg (56.89%), Selenium: 30.88µg (44.11%), Phosphorus: 408.85mg (40.88%), Vitamin B5: 3.37mg (33.69%), Vitamin B6: 0.64mg (31.97%), Copper: 0.63mg (31.27%), Potassium: 1053.6mg (30.1%), Zinc: 4.48mg (29.86%), Vitamin B1: 0.44mg (29.62%), Vitamin B12: 1.69µg (28.25%), Folate: 93.56µg (23.39%), Manganese: 0.4mg (20.06%), Iron: 3.48mg (19.33%), Magnesium: 52.52mg (13.13%), Vitamin E: 1.5mg (9.99%), Fiber: 2.19g (8.77%), Vitamin K: 4.86µg (4.63%), Calcium: 40.16mg (4.02%), Vitamin C: 3.12mg (3.78%), Vitamin A: 175.25IU (3.5%), Vitamin D: 0.33µg (2.21%)