



Classic Veal Parmigiana

READY IN



45 min.

SERVINGS



8

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 30 ounce tomato sauce canned
- ☐ 2 eggs beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 cup olive oil
- ☐ 1.7 cups parmesan cheese divided grated
- ☐ 0.5 teaspoon pepper
- ☐ 12 ounces mozzarella cheese shredded

- ☐ 2 pounds veal cutlets
- ☐ 0.3 cup burgundy dry red

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Trim fat from cutlets.
- ☐ Place cutlets between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Cut veal into serving-size pieces.
- ☐ Combine 1 2/3 cups Parmesan cheese and flour in a shallow bowl. Dip cutlets in melted butter; dredge in cheese mixture. Cover and chill 30 minutes. Dip cutlets in egg; dredge again in remaining cheese mixture. Cover and chill 1 hour.
- ☐ Combine tomato sauce and next 3 ingredients in a saucepan; cook, uncovered, over medium heat 5 minutes, stirring occasionally. Set aside.
- ☐ Cook veal in hot oil in a large skillet 2 to 3 minutes on each side or until browned.
- ☐ Transfer veal to a lightly greased 13- x 9- x 2-inch baking dish.
- ☐ Pour tomato sauce mixture over veal.
- ☐ Sprinkle with remaining 2 tablespoons Parmesan cheese. Cover and bake at 350 for 30 minutes. Uncover and top with mozzarella cheese; bake an additional 5 minutes or until cheese melts.

Nutrition Facts

 **PROTEIN 34.42%**  **FAT 51.54%**  **CARBS 14.04%**

Properties

Glycemic Index:29.25, Glycemic Load:7.85, Inflammation Score:-7, Nutrition Score:24.750869450362%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 509.05kcal (25.45%), Fat: 28.77g (44.25%), Saturated Fat: 14.59g (91.18%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 15.63g (5.68%), Sugar: 4.32g (4.8%), Cholesterol: 196.34mg (65.45%), Sodium: 1268.15mg (55.14%), Alcohol: 0.79g (100%), Alcohol %: 0.3% (100%), Protein: 43.22g (86.45%), Vitamin B3: 12.44mg (62.18%), Phosphorus: 596.1mg (59.61%), Selenium: 32.36µg (46.23%), Calcium: 433.47mg (43.35%), Vitamin B12: 2.54µg (42.34%), Vitamin B2: 0.67mg (39.6%), Zinc: 5.22mg (34.77%), Vitamin B6: 0.68mg (34.24%), Potassium: 835.43mg (23.87%), Vitamin A: 1169.61IU (23.39%), Vitamin B5: 1.9mg (18.96%), Vitamin E: 2.78mg (18.53%), Iron: 2.99mg (16.63%), Magnesium: 65.87mg (16.47%), Vitamin B1: 0.22mg (14.78%), Copper: 0.28mg (14.2%), Manganese: 0.28mg (13.98%), Folate: 54.73µg (13.68%), Vitamin K: 12.68µg (12.07%), Vitamin C: 7.45mg (9.03%), Fiber: 2.01g (8.06%), Vitamin D: 0.49µg (3.3%)