

Cotecchino Sausage in

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 carrots thinly sliced
- ☐ 1 stalk celery finely chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 large onion whole finely chopped
- ☐ 1 tablespoon parsley finely chopped
- ☐ 4 roma tomatoes peeled seeded chopped

- ☐ 4 servings salt and pepper to taste
- ☐ 1 small cotecchino sausage
- ☐ 1 piece veal loin with a mallet

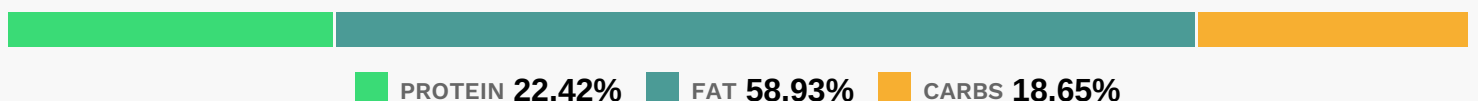
Equipment

- ☐ frying pan
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Prick the sausage in several places with a fork and place in a large pan.
- ☐ Add cold water to cover sausage and bring to a boil. Lower to a simmer and cook 40 minutes, then drain the sausage. Allow to cool, then peel and crumble out of casing.
- ☐ On a clean cutting board, lay the veal out flat and cover the veal with the sausage in an even layer.
- ☐ Roll the veal up and tie in even segments with butcher's twine.
- ☐ Heat the olive oil in the same large pan until almost smoking.
- ☐ Add the chopped onion and celery and cook until soft. Sear the veal roll on all sides in the pan so that it is evenly golden brown.
- ☐ Add the wine, bay leaf, parsley and tomatoes, lower heat to a simmer and cook 1 hour, adding more wine or water if necessary to keep moisture level consistent.
- ☐ Add the whole onions and carrots, adjust liquid level, and simmer for an additional 30 minutes. Season with salt and pepper to taste, remove from the pan and let rest 5 minutes.
- ☐ Remove the string and cut into thick slices.
- ☐ Serve immediately with pan juices poured over.

Nutrition Facts



Properties

Glycemic Index:54.71, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:18.022173959276%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 296.18kcal (14.81%), Fat: 18.14g (27.9%), Saturated Fat: 5.09g (31.79%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 9.63g (3.5%), Sugar: 6.54g (7.27%), Cholesterol: 59.94mg (19.98%), Sodium: 433.86mg (18.86%), Alcohol: 3.09g (100%), Alcohol %: 1.37% (100%), Protein: 15.53g (31.05%), Vitamin A: 10854.49IU (217.09%), Vitamin K: 39.96µg (38.05%), Vitamin B3: 6.88mg (34.4%), Vitamin B6: 0.57mg (28.35%), Vitamin C: 16.67mg (20.2%), Phosphorus: 196.64mg (19.66%), Potassium: 674.43mg (19.27%), Zinc: 2.15mg (14.32%), Manganese: 0.27mg (13.61%), Vitamin B2: 0.23mg (13.54%), Vitamin B12: 0.81µg (13.46%), Fiber: 3.29g (13.16%), Vitamin E: 1.97mg (13.16%), Vitamin B1: 0.18mg (12.19%), Vitamin B5: 1.19mg (11.87%), Folate: 41.04µg (10.26%), Magnesium: 38.49mg (9.62%), Copper: 0.15mg (7.61%), Selenium: 5.12µg (7.32%), Iron: 1.29mg (7.18%), Calcium: 54.39mg (5.44%), Vitamin D: 0.28µg (1.84%)