



HEALTH SCORE

82%

Crispy Wiener Schnitzel with Lingonberry Preserves



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving canola oil for frying
- ☐ 1.5 cups bread crumbs plain dry
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 serving lingonberry preserves for serving
- ☐ 1 serving salt and pepper white freshly ground
- ☐ 4 thinly pounded veal cutlets

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Put the flour, eggs and bread crumbs into 3 shallow bowls. Season the veal with salt and white pepper. Dredge the cutlets in the flour, then dip in the egg and coat with the bread crumbs; press to help the crumbs adhere.
- ☐ In a very large skillet, heat 1/2 inch of oil until shimmering.
- ☐ Add the cutlets and fry over moderately high heat, turning once, until golden brown and cooked through, 2 1/2 to 3 minutes.
- ☐ Drain on paper towels and sprinkle with salt.
- ☐ Serve the Wiener schnitzel with lingonberry preserves.

Nutrition Facts



Properties

Glycemic Index:130, Glycemic Load:41.96, Inflammation Score:-9, Nutrition Score:68.876956141513%

Nutrients (% of daily need)

Calories: 1875.11kcal (93.76%), Fat: 41.37g (63.64%), Saturated Fat: 13.04g (81.53%), Carbohydrates: 180.09g (60.03%), Net Carbohydrates: 170.37g (61.95%), Sugar: 20.24g (22.49%), Cholesterol: 857.76mg (285.92%), Sodium: 1746.95mg (75.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 182.12g (364.23%), Vitamin B3: 78.57mg (392.85%), Selenium: 150.69µg (215.27%), Phosphorus: 2012.36mg (201.24%), Vitamin B2: 3.22mg (189.26%), Vitamin B1: 2.64mg (176%), Vitamin B6: 3.51mg (175.36%), Vitamin B12: 8.42µg (140.37%), Zinc: 19.6mg (130.64%), Manganese: 2.23mg (111.54%), Folate: 426.67µg (106.67%), Iron: 18.02mg (100.12%), Vitamin B5: 9.8mg (97.97%), Potassium: 3018.3mg (86.24%), Magnesium: 273.37mg (68.34%), Copper: 1.34mg (66.95%), Calcium: 398.42mg (39.84%), Fiber: 9.72g (38.89%), Vitamin K: 39.66µg (37.77%), Vitamin E: 3.65mg (24.3%), Vitamin D: 1.76µg (11.73%), Vitamin A: 475.2IU (9.5%), Vitamin C: 2.18mg (2.64%)