



Deviled Sweetbreads

READY IN



45 min.

SERVINGS



20

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large bay leaf
- ☐ 0.3 cup butter melted
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups milk
- ☐ 0.5 cup onion chopped

- ☐ 12 peppercorns
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cooking sherry
- ☐ 2 teaspoons steak sauce thick
- ☐ 20 servings toast points
- ☐ 1 pound veal sweetbreads
- ☐ 5 cups water

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Soak sweetbreads in ice water to cover for 30 minutes.
- ☐ Drain well, and set aside.
- ☐ Combine celery, onion, lemon juice, bay leaf, peppercorns, and salt in a Dutch oven. Stir in water; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Add sweetbreads to broth; reduce heat, and simmer 30 minutes.
- ☐ Drain sweetbreads, discarding broth and other ingredients.
- ☐ Immediately cover sweetbreads with ice water, and cool completely.
- ☐ Drain off water; remove and discard white membrane and tubes. Cube sweetbreads and set aside.
- ☐ Saut mushrooms in butter in a large skillet; stir in flour. Cook 1 minute, stirring constantly. Gradually add sherry and milk; cook over medium heat, stirring constantly, until thickened and bubbly. Reduce heat.
- ☐ Add mustard and steak sauce, blending well. Stir in sweetbreads.
- ☐ Serve over toast points.

Nutrition Facts



 **PROTEIN 28.72%**  **FAT 51.5%**  **CARBS 19.78%**

Properties

Glycemic Index:14.15, Glycemic Load:1.5, Inflammation Score:-2, Nutrition Score:4.4017391049344%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 84.75kcal (4.24%), Fat: 4.74g (7.29%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.71g (1.35%), Sugar: 1.79g (1.98%), Cholesterol: 21.54mg (7.18%), Sodium: 199.6mg (8.68%), Alcohol: 0.31g (100%), Alcohol %: 0.29% (100%), Protein: 5.94g (11.89%), Vitamin B3: 2.3mg (11.51%), Vitamin B2: 0.16mg (9.29%), Phosphorus: 87.82mg (8.78%), Vitamin B12: 0.44µg (7.39%), Vitamin B6: 0.13mg (6.64%), Selenium: 4.5µg (6.43%), Zinc: 0.9mg (6.01%), Vitamin B5: 0.59mg (5.93%), Potassium: 173.37mg (4.95%), Calcium: 41.99mg (4.2%), Vitamin B1: 0.06mg (4.17%), Copper: 0.08mg (4%), Vitamin A: 166.17IU (3.32%), Magnesium: 12.51mg (3.13%), Folate: 11.67µg (2.92%), Manganese: 0.05mg (2.68%), Iron: 0.4mg (2.25%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.74µg (1.66%), Fiber: 0.39g (1.55%), Vitamin E: 0.19mg (1.25%), Vitamin C: 1.02mg (1.24%)