



Dinner Tonight: Saltimbocca alla Romana



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 0.3 cup plum brandy dry
- ☐ 4 tbsp olive oil
- ☐ 0.5 pound pancetta thin
- ☐ 16 sage
- ☐ 8 tbsp butter unsalted
- ☐ 16 ounce veal cutlets

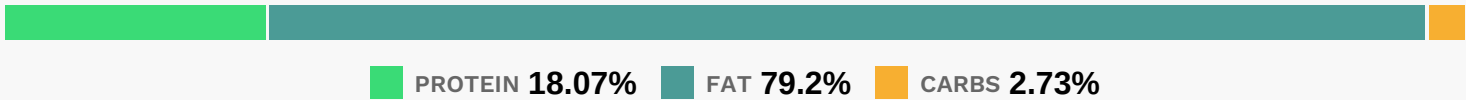
Equipment

- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ Lightly pepper the veal cutlets to taste, then lay 2 slices prosciutto on one side of each cutlet so that it covers the surface of the meat. Press gently to adhere. Using a toothpick, pin 2 sage leaves to each cutlet on top of the prosciutto. Dredge each piece in the flour, shaking off any excess.
- ☐ Once all the meat is cooked, drain any remaining fat or oil and deglaze the pan with the marsala, scraping up brown bits. Reduce by half, then add the stock and reduce by half again (total reducing time about 5 minutes). Stir in the remaining butter (4 tablespoons).
- ☐ Return the meat to the pan and cook until everything is hot and the sauce has thickened slightly.
- ☐ Remove the toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:18.073043261695%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 742.33kcal (37.12%), Fat: 63.76g (98.09%), Saturated Fat: 25.59g (159.97%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.93g (1.79%), Sugar: 2.13g (2.37%), Cholesterol: 188.73mg (62.91%), Sodium: 537.35mg (23.36%), Alcohol: 2.3g (100%), Alcohol %: 1.01% (100%), Protein: 32.74g (65.47%), Vitamin B3: 13.95mg (69.77%), Phosphorus: 355.55mg (35.55%), Vitamin B6: 0.71mg (35.5%), Copper: 0.68mg (34.1%), Selenium: 23.28µg (33.26%), Vitamin B12: 1.51µg (25.19%), Vitamin B2: 0.42mg (24.45%), Zinc: 3.4mg (22.67%), Vitamin E: 3.28mg

(21.85%), Vitamin B1: 0.27mg (18.19%), Potassium: 612.88mg (17.51%), Vitamin B5: 1.56mg (15.64%), Vitamin A: 732.49IU (14.65%), Vitamin K: 14.96µg (14.25%), Magnesium: 40.88mg (10.22%), Iron: 1.39mg (7.74%), Folate: 19.73µg (4.93%), Vitamin D: 0.65µg (4.35%), Manganese: 0.07mg (3.71%), Calcium: 19.52mg (1.95%)