



Double Cut Veal Chop Saltimboca

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 6 slices fontina
- ☐ 1 bunch sage fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 cup olive oil pure
- ☐ 12 small slices pancetta
- ☐ 6 servings gray salt
- ☐ 6 double cut veal rib chops bone in

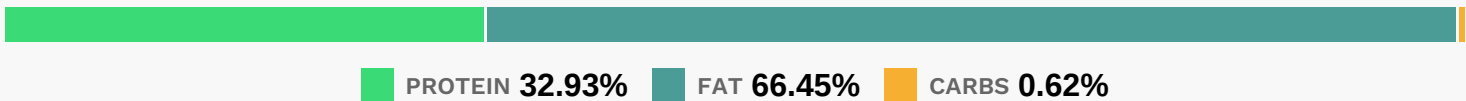
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ grill
- ☐ cutting board
- ☐ skimmer

Directions

- ☐ Preheat a grill on high heat.
- ☐ Heat the olive oil in a small sauce pot over medium-high heat. While the oil is heating prepare a plate lined with paper towels and set aside. When the oil is hot but not quite smoking add the sage leaves, stand back as they will crackle and pop. When the leaves are fried crisp remove to the paper towel using a mesh skimmer, set aside to cool. Line a cookie sheet with plastic wrap and lightly drizzle with olive oil. Using a small paring knife cut a slit in the veal chop, between the bones, but on the meat side. Using your fingers make a pocket in the veal and transfer to the plastic lined tray. On a large plate or clean cutting board lay down the fontina slices, top each with 2 slices of prosciutto and 3 to 4 sage leaves.
- ☐ Roll the fontina slice up with all the ingredients inside making a small package. Using 1 hand, open up the pocket in the veal chop while stuffing the cheese and prosciutto package inside with the other hand.
- ☐ Brush the chops with the olive oil and season generously with gray salt and black pepper. Grill the chops over high heat for about 6 to 7 minutes on each side until nicely marked and move to indirect heat for about 8 to 10 more minutes or until desired doneness.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:28.824347871801%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 642.2kcal (32.11%), Fat: 46.6g (71.7%), Saturated Fat: 17.81g (111.32%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.43g (0.48%), Cholesterol: 221.58mg (73.86%), Sodium: 716.13mg (31.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.96g (103.92%), Copper: 5.35mg (267.63%), Vitamin B3: 19.85mg (99.26%), Vitamin B6: 1.26mg (63.19%), Phosphorus: 570.44mg (57.04%), Vitamin B12: 3.06µg (50.98%), Zinc: 6.45mg (42.97%), Selenium: 26.49µg (37.84%), Vitamin B2: 0.61mg (36.16%), Vitamin B5: 3.15mg (31.48%), Potassium: 745.33mg (21.3%), Calcium: 202.71mg (20.27%), Vitamin K: 19.82µg (18.88%), Vitamin E: 2.29mg (15.25%), Magnesium: 60.87mg (15.22%), Vitamin B1: 0.21mg (14.22%), Manganese: 0.25mg (12.41%), Iron: 2.04mg (11.34%), Folate: 31.08µg (7.77%), Vitamin A: 262.11IU (5.24%), Vitamin D: 0.23µg (1.55%)