



French Veal Chops

READY IN



45 min.

SERVINGS



2

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter divided
- 1 tablespoon canola oil
- 0.3 cup chicken broth
- 0.3 cup breadcrumbs dry
- 0.5 cup onion chopped
- 2 tablespoons parmesan cheese grated
- 1 Dash pepper
- 0.5 teaspoon salt
- 2 veal loin chops ()

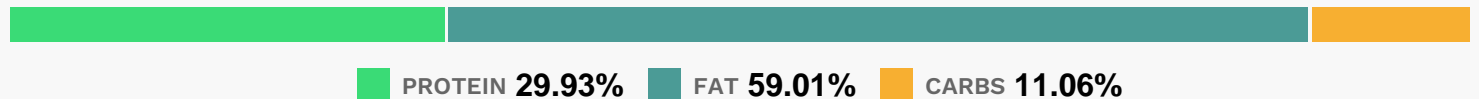
Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- Sprinkle veal chops with salt and pepper. In a skillet, brown chops on both sides in oil.
- Sprinkle onion into a greased shallow baking dish; dot with 1 tablespoon butter. Top with chops; drizzle with broth. Melt remaining butter; toss with bread crumbs and Parmesan cheese.
- Sprinkle over top.
- Bake, uncovered, at 350° for 30–35 minutes or until meat is no longer pink and a meat thermometer reads 160°.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:25.770000299034%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 640.68kcal (32.03%), Fat: 41.47g (63.8%), Saturated Fat: 17.49g (109.33%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 15.98g (5.81%), Sugar: 2.95g (3.28%), Cholesterol: 213.58mg (71.19%), Sodium: 1193.34mg (51.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.33g (94.65%), Vitamin B3: 20.48mg (102.4%), Vitamin B6: 1.27mg (63.61%), Phosphorus: 527.35mg (52.74%), Vitamin B12: 2.67µg (44.48%), Vitamin B2: 0.67mg (39.13%), Zinc: 5.82mg (38.83%), Selenium: 25.96µg (37.08%), Vitamin B5: 3.12mg (31.22%), Vitamin B1:

0.36mg (23.93%), Potassium: 799.35mg (22.84%), Vitamin K: 19.92µg (18.97%), Magnesium: 66.14mg (16.54%), Manganese: 0.3mg (15.18%), Iron: 2.66mg (14.77%), Vitamin E: 2.2mg (14.65%), Folate: 56.97µg (14.24%), Copper: 0.28mg (14.07%), Calcium: 127.62mg (12.76%), Vitamin A: 394.77IU (7.9%), Fiber: 1.5g (6.01%), Vitamin C: 2.96mg (3.59%)