



Glazed Veal Chops With Grapes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup grapes red seedless halved
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce veal loin chops trimmed

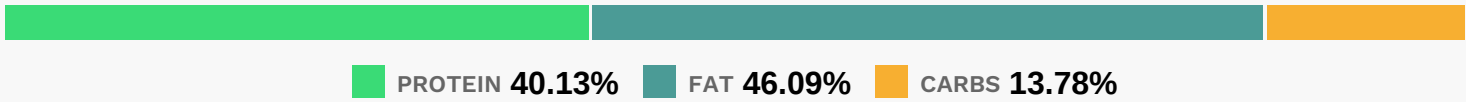
Equipment

☐ frying pan

Directions

- ☐ Sprinkle veal with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add veal; cook 7 to 8 minutes on each side or until done.
- ☐ Remove veal from pan; keep warm.
- ☐ Add orange juice and vinegar to drippings; cook over medium heat 2 to 3 minutes, scraping pan to loosen browned bits. Return veal to pan; add grape halves, and cook 1 minute, turning veal to coat with sauce.
- ☐ Place veal on a serving platter.
- ☐ Pour sauce over veal.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:5.17, Inflammation Score:-2, Nutrition Score:16.987391290457%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 333.3kcal (16.67%), Fat: 16.64g (25.6%), Saturated Fat: 6.76g (42.27%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.81g (3.93%), Sugar: 9.54g (10.6%), Cholesterol: 134.38mg (44.79%), Sodium: 439.88mg (19.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.19%), Vitamin B3: 14.56mg (72.79%), Vitamin B6: 0.94mg (47.02%), Phosphorus: 351.81mg (35.18%), Vitamin B12: 1.89µg (31.47%), Zinc: 3.99mg (26.63%), Vitamin B2: 0.44mg (25.85%), Vitamin B5: 2.26mg (22.6%), Selenium: 14.52µg (20.74%), Potassium: 638.95mg (18.26%), Vitamin K: 15.59µg (14.84%), Magnesium: 45.5mg (11.37%), Copper: 0.22mg (10.99%), Vitamin C: 8.96mg (10.86%), Vitamin B1: 0.16mg (10.61%), Iron: 1.54mg (8.54%), Folate: 27.53µg (6.88%), Manganese: 0.1mg (5.22%), Vitamin E: 0.66mg (4.43%), Calcium: 37.47mg (3.75%), Fiber: 0.39g (1.55%), Vitamin A: 56.26IU (1.13%)