



Grilled Lemon-Parsley Veal Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons rosemary leaves fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 3 garlic clove crushed
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup olive oil
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 48 ounce veal loin chops

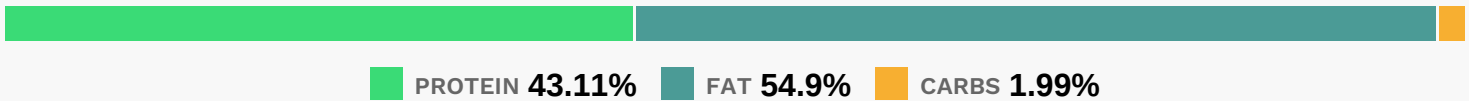
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Whisk first 5 ingredients in small bowl to blend. Arrange veal chops in 15x10x2-inch glass baking dish.
- ☐ Sprinkle chops on both sides with salt and pepper.
- ☐ Pour marinade over chops; turn to coat. Cover and refrigerate at least 6 hours or overnight, turning occasionally.
- ☐ Stir together Italian parsley, lemon peel, rosemary, and garlic in small bowl to blend.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Remove chops from marinade and sprinkle generously with salt and pepper. Grill chops until cooked to desired doneness, about 6 minutes per side for medium-rare.
- ☐ Transfer chops to serving platter; sprinkle each with topping.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:22.929129963336%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 409kcal (20.45%), Fat: 24.4g (37.53%), Saturated Fat: 9.31g (58.18%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.46g (0.51%), Cholesterol: 179.17mg (59.72%), Sodium: 194.53mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.19%), Vitamin B3: 19.29mg (96.45%), Vitamin B6: 1.24mg (61.87%), Phosphorus: 456.88mg (45.69%), Vitamin K: 47.47µg (45.21%), Vitamin B12: 2.52µg (41.96%), Zinc: 5.32mg (35.44%), Vitamin B2: 0.55mg (32.44%), Vitamin B5: 2.99mg (29.91%), Selenium: 19.59µg (27.98%), Potassium: 725.81mg (20.74%), Magnesium: 54.74mg (13.68%), Vitamin C: 10.38mg (12.59%), Copper: 0.23mg (11.28%), Vitamin B1: 0.17mg (11.25%), Iron: 1.86mg (10.31%), Folate: 35.74µg (8.94%), Vitamin E: 1.15mg (7.66%), Manganese: 0.1mg (5%), Calcium: 45.02mg (4.5%), Vitamin A: 170.79IU (3.42%), Fiber: 0.26g (1.05%)