



Grilled Mongolian Veal Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chile sauce hot
- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon ginger minced
- ☐ 3 tablespoons hoisin sauce
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1 tablespoon sesame oil

- ☐ 1 shallots minced
- ☐ 0.5 cup sherry vinegar
- ☐ 2 tablespoons smooth peanut butter
- ☐ 2 tablespoons soya sauce
- ☐ 4 veal loin chops thick

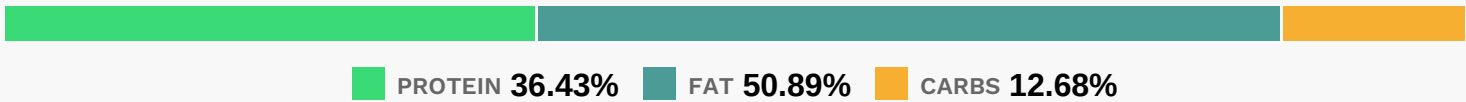
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Combine all ingredients in a shallow baking dish.
- ☐ Add veal chops to the mixture and turn to coat. Cover and let marinate 3 to 4 hours or overnight. Preheat grill.
- ☐ Remove veal from marinade and grill the chops for 7 to 8 minutes on each side or until cooked through

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:23.567826348802%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 521.3kcal (26.06%), Fat: 28.7g (44.15%), Saturated Fat: 10.15g (63.44%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.64g (5.32%), Sugar: 10.61g (11.79%), Cholesterol: 178.9mg (59.63%), Sodium: 1345.74mg (58.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.21g (92.43%), Vitamin B3: 20.78mg (103.92%), Vitamin B6: 1.31mg (65.69%), Phosphorus: 504.31mg (50.43%), Vitamin B12: 2.51µg (41.81%), Zinc: 5.61mg (37.38%), Vitamin B2: 0.61mg (35.61%), Vitamin B5: 3.11mg (31.09%), Selenium: 20.32µg (29.03%), Potassium: 822.43mg

(23.5%), Magnesium: 76.25mg (19.06%), Manganese: 0.34mg (17.01%), Vitamin K: 16.18μg (15.41%), Copper: 0.3mg (14.87%), Iron: 2.42mg (13.47%), Vitamin B1: 0.18mg (12.29%), Folate: 43.75μg (10.94%), Vitamin E: 1.43mg (9.55%), Fiber: 1.46g (5.83%), Calcium: 55.64mg (5.56%), Vitamin C: 1.78mg (2.16%), Vitamin A: 68.65IU (1.37%)