



Grilled Veal Chops



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons sage fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 24 ounce veal loin chops bone-in
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

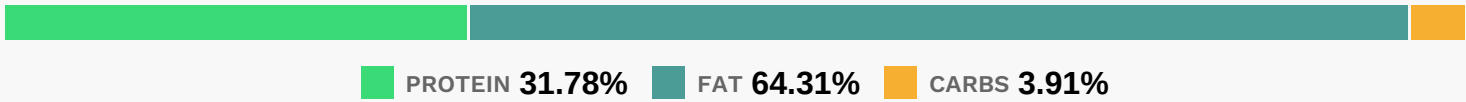
- ☐ grill

☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a heavy-duty zip-top plastic bag; seal. Marinate in refrigerator 4 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove chops from bag; discard marinade.
- ☐ Place chops on grill rack coated with cooking spray; cover and grill 6 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:21.404782383338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 419.76kcal (20.99%), Fat: 29.21g (44.94%), Saturated Fat: 8.55g (53.43%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.41g (2.67%), Cholesterol: 134.38mg (44.79%), Sodium: 149.65mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.48g (64.96%), Copper: 9.27mg (463.27%), Vitamin B3: 14.44mg (72.2%), Vitamin B6: 0.93mg (46.47%), Phosphorus: 346.67mg (34.67%), Vitamin B12: 1.89µg (31.47%), Zinc: 4.04mg (26.96%), Vitamin B2: 0.41mg (24.38%), Vitamin B5: 2.22mg (22.25%), Selenium: 14.78µg (21.11%), Manganese: 0.41mg (20.32%), Vitamin K: 17.52µg (16.69%), Potassium: 559.82mg (15.99%), Vitamin E: 2.39mg (15.92%), Magnesium: 47mg (11.75%), Iron: 1.84mg (10.22%), Vitamin B1: 0.13mg (8.83%), Calcium: 55.84mg (5.58%), Folate: 22.18µg (5.55%), Fiber: 0.26g (1.05%)