



Grilled Veal Chops and Radicchio with Lemon-Caper Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons capers drained
- ☐ 1 small garlic clove minced
- ☐ 1.3 teaspoons lemon zest finely grated
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1.5 tablespoons parsley fresh italian chopped
- ☐ 6 radicchio thinly
- ☐ 16 ounce veal loin chops (each 3/)

☐ 1.5 tablespoons balsamic vinegar white

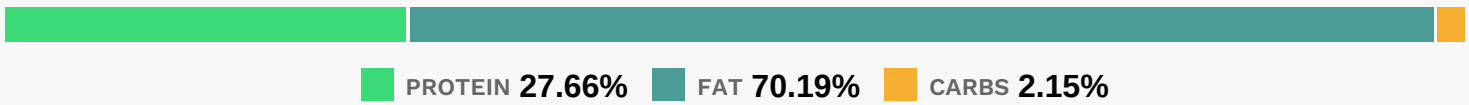
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk 3 tablespoons olive oil and next 5 ingredients in small bowl to blend. Season sauce to taste with salt and pepper. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Prepare barbecue (medium-high heat) or heat heavy large skillet over medium-high heat.
- ☐ Brush veal chops with remaining 1 tablespoon olive oil; sprinkle with salt and pepper.
- ☐ Place veal chops on grill or in skillet and cook to desired doneness, about 6 minutes per side for medium.
- ☐ Transfer to platter.
- ☐ Brush radicchio lightly with some of sauce.
- ☐ Place leaves on grill or in batches in skillet and cook just until slightly wilted but not brown, pressing lightly to flatten, about 45 seconds to 1 minute per side.
- ☐ Divide radicchio and veal chops between plates. Spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:1.19, Inflammation Score:-5, Nutrition Score:25.883043543152%

Flavonoids

Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg, Cyanidin: 3.81mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin:

6.49mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 7.93mg, Kaempferol: 7.93mg, Kaempferol: 7.93mg, Kaempferol: 7.93mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 633.73kcal (31.69%), Fat: 48.82g (75.11%), Saturated Fat: 12.69g (79.28%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.93g (2.14%), Cholesterol: 179.17mg (59.72%), Sodium: 364.91mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.58%), Vitamin B3: 19.33mg (96.67%), Vitamin K: 87.68µg (83.51%), Vitamin B6: 1.23mg (61.43%), Phosphorus: 459.59mg (45.96%), Vitamin B12: 2.52µg (41.96%), Zinc: 5.36mg (35.74%), Vitamin B2: 0.56mg (32.89%), Vitamin E: 4.77mg (31.79%), Vitamin B5: 2.98mg (29.83%), Selenium: 19.6µg (28%), Potassium: 739.28mg (21.12%), Magnesium: 58.04mg (14.51%), Copper: 0.26mg (12.95%), Iron: 2.24mg (12.43%), Vitamin B1: 0.17mg (11.11%), Folate: 37.43µg (9.36%), Vitamin C: 6.57mg (7.96%), Manganese: 0.12mg (5.78%), Vitamin A: 262.57IU (5.25%), Calcium: 51.31mg (5.13%), Fiber: 0.48g (1.93%)