



Grilled Veal Chops with Arugula and Basil Salad

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 5 cups baby arugula
- ☐ 1 cup basil leaves packed
- ☐ 4 cups bread crumbs fresh white firm fine (from 10 slices sandwich bread)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup olive oil
- ☐ 0.7 cup parmigiano-reggiano grated
- ☐ 0.5 cup onion red halved lengthwise thinly sliced
- ☐ 3 medium tomatoes cut into thin wedges

- ☐ 6 rib veal loin chops bone-in 1-inch-thick (3/4- to) (4 to 5 pounds; see cooks' note, below)

Equipment

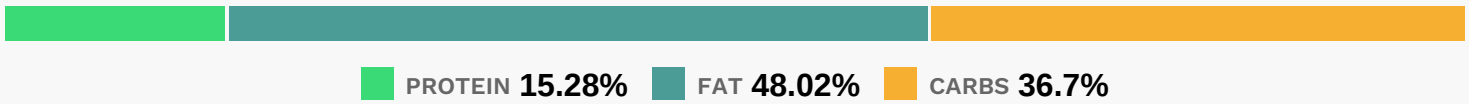
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ wax paper
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Whisk together oil, lemon juice, 1/2 tsp salt, and 1/2 tsp pepper in a large bowl until combined, then stir in tomatoes and onion.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Gently pound chops (avoiding bone) to 1/8 inch thick between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin.
- ☐ Toast bread crumbs in a large 4-sided sheet pan in oven, stirring once or twice, until dry but not golden, 7 to 10 minutes. Cool completely.
- ☐ Stir crumbs together with cheese and 1/4 tsp each of salt and pepper in a shallow bowl or pie plate.
- ☐ Sprinkle chops with 1/4 tsp each of salt and pepper.
- ☐ Line a large baking sheet with wax paper. Put oil in another shallow bowl or pie plate. Dip each chop in oil, letting excess drip off, then dredge both sides of chop (and bone) in bread-crumbs mixture, pressing gently to help crumbs adhere.
- ☐ Transfer to baking sheet.
- ☐ Prepare a grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).

- ☐ Oil grill rack, then grill chops, covered only if using a gas grill, turning once, until just cooked through and golden brown and grill marks appear, about 8 minutes total.
- ☐ Just before serving, add arugula and basil to salad and toss, then season with salt and pepper.
- ☐ Serve over chops.
- ☐ ·You can substitute boneless 1-inch-thick pork chops for the veal chops; reduce grilling time to 6 minutes total.·Bread-crumb mixture can be made 1 day ahead and chilled.·Chops can be pounded and coated 2 hours ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:11.66, Inflammation Score:-8, Nutrition Score:11.783913005953%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

Nutrients (% of daily need)

Calories: 212.42kcal (10.62%), Fat: 11.52g (17.73%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 17.81g (6.48%), Sugar: 4.35g (4.84%), Cholesterol: 8.35mg (2.78%), Sodium: 330.41mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin K: 44.32µg (42.21%), Vitamin A: 1206.44IU (24.13%), Calcium: 238.35mg (23.84%), Manganese: 0.37mg (18.37%), Vitamin C: 14.57mg (17.66%), Folate: 65.85µg (16.46%), Phosphorus: 142.93mg (14.29%), Selenium: 9.68µg (13.83%), Vitamin B1: 0.2mg (13.06%), Vitamin E: 1.58mg (10.51%), Vitamin B3: 2.02mg (10.08%), Iron: 1.71mg (9.53%), Vitamin B2: 0.14mg (8.51%), Potassium: 292.11mg (8.35%), Fiber: 2g (8%), Magnesium: 32.01mg (8%), Vitamin B6: 0.13mg (6.44%), Copper: 0.11mg (5.6%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.14µg (2.41%)