



Grilled Veal Chops with Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon divided
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper divided
- ☐ 8 cups d salad greens italian european-style (romaine, radicchio, and endive)
- ☐ 24 ounce center-cut loin veal chops lean (1/)

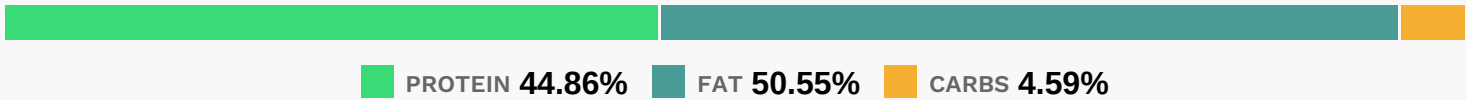
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine 1 tablespoon lemon juice, oil, and 1/4 teaspoon pepper in a large bowl, stirring well.
- ☐ Add salad greens, and toss to coat.
- ☐ Combine remaining 1 tablespoon lemon juice, remaining 1/4 teaspoon pepper, garlic powder, and rosemary in a bowl; rub mixture over veal.
- ☐ Prepare grill.
- ☐ Coat grill rack with cooking spray; place on grill over hot coals (400 to 500).
- ☐ Place veal on rack; grill, covered, 3 to 4 minutes on each side or until done.
- ☐ Serve veal on top of greens mixture.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:19.006521719953%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 301.84kcal (15.09%), Fat: 16.63g (25.59%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.29g (1.2%), Sugar: 0.2g (0.22%), Cholesterol: 134.38mg (44.79%), Sodium: 165.65mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.43%), Vitamin B3: 14.88mg (74.38%), Vitamin B6: 0.97mg (48.65%), Phosphorus: 371.47mg (37.15%), Vitamin B12: 1.89µg (31.47%), Zinc: 4.13mg (27.51%), Vitamin B2: 0.45mg (26.48%), Vitamin C: 21.47mg (26.03%), Vitamin B5: 2.32mg (23.22%), Selenium: 14.84µg (21.2%), Potassium: 668.11mg (19.09%), Vitamin A: 911.01IU (18.22%), Folate: 53.38µg (13.35%), Magnesium: 48.97mg (12.24%), Copper: 0.21mg (10.27%), Iron: 1.8mg (9.98%), Manganese: 0.2mg (9.92%), Vitamin K: 10.37µg (9.87%), Vitamin B1: 0.15mg (9.73%), Vitamin E: 0.6mg (4.01%), Calcium: 39.49mg (3.95%)