



 **15%**
HEALTH SCORE

Grilled Veal Chops with Prosciutto Tomato Sauce

 **Gluten Free**  **Dairy Free**

READY IN



27 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black divided
- 1 tablespoon capers
- 0.3 cup fat-skimmed beef broth dry white fat-free
- 2 teaspoons parsley fresh chopped
- 2 garlic clove minced
- 1 teaspoon olive oil
- 0.5 cup onion finely chopped

- 1 ounce pancetta very thinly sliced cut into thin strips
- 0.8 teaspoon salt divided
- 2 cups tomatoes chopped (2 medium)
- 24 ounce veal loin chops bone-in
- 24 ounce veal loin chops bone-in

Equipment

- frying pan
- grill

Directions

- Prepare grill.
- Heat oil in a nonstick skillet over medium-high heat.
- Add onion; saut 3 minutes or until tender.
- Add garlic; saut 1 minute.
- Add wine; bring to a boil, and cook 2 minutes or until most of liquid evaporates. Stir in tomato, capers, 1/4 teaspoon salt, 1/4 teaspoon pepper, and prosciutto; bring to a boil.
- Remove from heat; keep warm.
- Sprinkle veal chops with remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.
- Place chops on grill rack coated with cooking spray; cover and grill 6 minutes on each side or until desired degree of doneness. Spoon sauce over chops; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:32.476521717465%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 618.54kcal (30.93%), Fat: 35.14g (54.06%), Saturated Fat: 14.32g (89.5%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.85g (3.17%), Cholesterol: 273.43mg (91.14%), Sodium: 890.42mg (38.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.29g (132.58%), Vitamin B3: 29.71mg (148.53%), Vitamin B6: 1.93mg (96.38%), Phosphorus: 715.55mg (71.55%), Vitamin B12: 3.84µg (64%), Zinc: 8.17mg (54.46%), Vitamin B2: 0.85mg (49.99%), Vitamin B5: 4.58mg (45.85%), Selenium: 31.01µg (44.3%), Potassium: 1270.42mg (36.3%), Vitamin K: 27.23µg (25.93%), Magnesium: 91.14mg (22.79%), Vitamin B1: 0.3mg (19.95%), Copper: 0.39mg (19.73%), Iron: 2.88mg (16.02%), Folate: 59.99µg (15%), Vitamin C: 12.31mg (14.92%), Manganese: 0.28mg (14.03%), Vitamin A: 632.77IU (12.66%), Vitamin E: 1.49mg (9.92%), Calcium: 72.93mg (7.29%), Fiber: 1.43g (5.7%)