






 **78%**
HEALTH SCORE

Italian Veal Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

4

CALORIES

409 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.3 cup cooking wine dry white
- 0.3 cup flat-leaf parsley finely chopped
- 5 cloves garlic minced
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon zest
- 1 tablespoon olive oil
- 0.5 teaspoon pepper freshly ground
- 2 pounds round potatoes red quartered

- 1 small purple onion cut into 1/2-inch wedges
- 2 large pasilla peppers sweet red cut into 2-inch pieces
- 0.5 teaspoon salt
- 1 pound veal boneless lean cut into 1-inch pieces

Equipment

- sauce pan
- grill
- ziploc bags
- metal skewers

Directions

- Cook potato in boiling water to cover in a large saucepan 12 to 15 minutes or until tender.
- Drain and let cool.
- Place veal and potato in a heavy-duty, zip-top plastic bag.
- Combine wine and next 3 ingredients, and stir well.
- Pour wine mixture over veal and potato; seal bag, and marinate in refrigerator at least 8 hours, turning occasionally.
- Drain veal and potato, reserving marinade.
- Place marinade in a small saucepan; bring to a boil.
- Remove from heat, and set aside.
- Thread veal, potato, red pepper, and onion onto 4 (12-inch) metal skewers.
- Brush with reserved marinade.
- Sprinkle with salt and 1/2 teaspoon pepper.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place kabobs on rack; grill, covered, 6 to 7 minutes on each side, brushing occasionally with marinade.
- Combine parsley and lemon zest; sprinkle over kabobs just before serving.

Nutrition Facts

PROTEIN 27.46% FAT 26.37% CARBS 46.17%

Properties

Glycemic Index:42, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:32.840869281603%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 408.77kcal (20.44%), Fat: 11.86g (18.25%), Saturated Fat: 3.8g (23.78%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 40.32g (14.66%), Sugar: 8.16g (9.06%), Cholesterol: 92.99mg (31%), Sodium: 432.66mg (18.81%), Alcohol: 1.54g (100%), Alcohol %: 0.4% (100%), Protein: 27.79g (55.58%), Vitamin C: 139.2mg (168.73%), Vitamin K: 74.85µg (71.28%), Vitamin B3: 12.06mg (60.28%), Vitamin B6: 1.19mg (59.4%), Vitamin A: 2902.62IU (58.05%), Potassium: 1668.68mg (47.68%), Phosphorus: 410.13mg (41.01%), Zinc: 4.58mg (30.56%), Manganese: 0.6mg (29.98%), Vitamin B2: 0.47mg (27.46%), Folate: 107.63µg (26.91%), Fiber: 6.41g (25.64%), Vitamin B12: 1.52µg (25.33%), Vitamin B5: 2.48mg (24.81%), Magnesium: 95.44mg (23.86%), Copper: 0.48mg (23.8%), Vitamin B1: 0.35mg (23.14%), Iron: 3.41mg (18.92%), Selenium: 11.12µg (15.89%), Vitamin E: 2.18mg (14.54%), Calcium: 67.97mg (6.8%)