



 **12%**
HEALTH SCORE

Lemon and pepper veal cutlets

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp pepper black
- 125 g butter softened
- 2 Tbs masa
- 0.5 cup cup heavy whipping cream
- 2 tsp rosemary leaves fresh chopped
- 0.5 cup juice of lemon
- 1 tsp lemon zest grated
- 1 cup olive oil

- 1 tsp pepper black
- 0.5 tsp salt
- 0.5 cup cream sour
- 4 veal cutlets

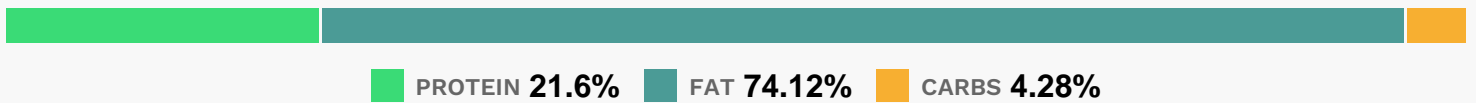
Equipment

- frying pan
- meat tenderizer

Directions

- Slightly flatten the cutlets with a meat mallet.
- Combine corn flour, salt and pepper, dredge the cutlets through the mixture. Cook veal in butter and olive oil in a large pan for 3 minutes on each side or until browned and cooked as desired.
- Remove veal from the pan and set aside. Cover to keep warm.
- Mix and combine cream, sour cream, lemon rind, lemon juice, rosemary, pepper and salt.
- Add the mix to the same pan, bring to the boil. Reduce flame and simmer, uncovered, for 5 minutes until sauce thickens slightly. Return the chops to the pan, coat with sauce.
- Serve with pilaf and green salad.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:21.108695652174%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 698.26kcal (34.91%), Fat: 57.95g (89.15%), Saturated Fat: 29.35g (183.47%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.95g (2.53%), Sugar: 2.72g (3.02%), Cholesterol: 250.37mg (83.46%), Sodium: 616.61mg (26.81%), Protein: 37.99g (75.99%), Vitamin B3: 16.17mg (80.85%), Phosphorus: 431.81mg (43.18%), Vitamin B6: 0.84mg (41.98%), Vitamin B2: 0.58mg (34.35%), Vitamin B12: 1.93µg (32.15%), Vitamin A: 1413.28IU (28.27%), Zinc: 4.2mg (27.97%), Selenium: 18.12µg (25.89%), Vitamin E: 3.23mg (21.54%), Potassium: 747.83mg (21.37%), Vitamin B5: 2.09mg (20.86%), Vitamin K: 17.73µg (16.88%), Vitamin C: 12.96mg (15.71%), Magnesium: 56.34mg (14.08%), Vitamin B1: 0.17mg (11.03%), Copper: 0.21mg (10.66%), Iron: 1.63mg (9.03%), Folate: 35.32µg (8.83%), Manganese: 0.16mg (7.79%), Calcium: 76.1mg (7.61%), Vitamin D: 0.48µg (3.17%), Fiber: 0.58g (2.3%)