



Lemon-Parsley Veal Chops

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons parsley fresh chopped
- 4 garlic cloves minced
- 3 tablespoons juice of lemon
- 1 tablespoon olive oil
- 2 tablespoons oregano fresh chopped
- 0.5 teaspoon salt
- 24 ounce veal loin chops bone-in trimmed

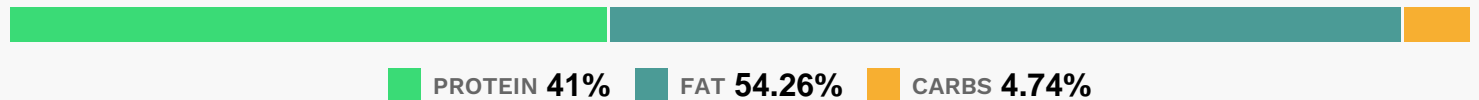
Equipment

- oven
- grill
- ziploc bags
- broiler pan

Directions

- Combine first 5 ingredients in a large zip-top plastic bag.
- Add veal; seal bag, and marinate in refrigerator at least 8 hours, turning bag occasionally.
- Prepare grill.
- Remove veal from bag; discard marinade.
- Sprinkle veal with salt and pepper.
- Place veal on grill rack coated with cooking spray; cover and grill 5 to 6 minutes on each side or until desired degree of doneness.
- Note: To broil instead of grill, place veal on a broiler pan coated with cooking spray. Broil in a preheated oven 5 to 6 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:20.027826081152%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 323.12kcal (16.16%), Fat: 19.22g (29.57%), Saturated Fat: 7.13g (44.59%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.49g (0.91%), Sugar: 0.43g (0.48%), Cholesterol: 134.38mg (44.79%), Sodium: 437.76mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin B3: 14.6mg (73%), Vitamin K: 60.27µg (57.4%), Vitamin B6: 0.97mg (48.63%), Phosphorus: 349.24mg (34.92%), Vitamin B12: 1.89µg (31.47%), Zinc: 4.08mg (27.19%), Vitamin B2: 0.43mg (25.23%), Vitamin B5: 2.28mg (22.78%), Selenium: 15.02µg (21.46%), Potassium: 586.71mg (16.76%), Iron: 2.39mg (13.29%), Manganese: 0.26mg (12.9%), Magnesium: 48.73mg (12.18%), Vitamin C: 8.01mg (9.71%), Copper: 0.19mg (9.65%), Vitamin E: 1.44mg (9.6%), Vitamin B1: 0.13mg (8.95%), Folate: 33.46µg (8.37%), Calcium: 77.33mg (7.73%), Fiber: 1.29g (5.15%), Vitamin A: 213.32IU (4.27%)