



Lick Your Chops Supper

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



956 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 pound broccolini spears trimmed
- 2 tablespoons butter
- 1 cup fontina or shredded italian crumbled
- 2 large garlic cloves crushed
- 4 servings nutmeg freshly grated
- 3 tablespoons olive oil extra-virgin
- 2 large parsley roots peeled chopped

- 3 large potatoes cubed peeled
- 1 small bundle sage fresh chopped
- 4 servings salt
- 4 large veal loin chops bone-in thick
- 0.5 cup vermouth or dry white dry
- 0.5 cup milk whole

Equipment

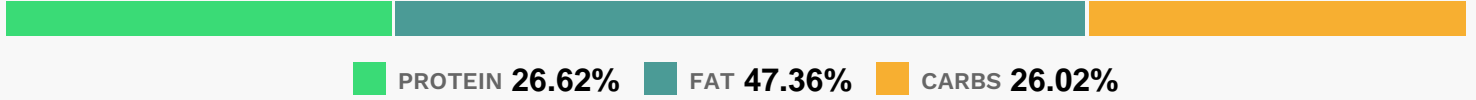
- frying pan
- oven
- whisk
- pot
- slotted spoon

Directions

- Preheat the oven to 375 degrees F.
- Put the potatoes and parsnips in a medium pot and cover with water. Bring to a boil over medium heat, salt the water, and cook until tender, 15 to 18 minutes.
- Drain and put them back into the hot pot. Mash with the milk and salt, pepper, and nutmeg to taste.
- Add the cheese and stir until melted.
- While the potatoes and parsnips come to a boil, rub the chops with lots of salt, pepper, and sage.
- Heat the extra-virgin olive oil over medium heat in a large oven-safe skillet.
- Add the garlic and saute for 3 minutes, then remove the garlic with a slotted spoon and raise the heat to medium-high.
- Add the chops and brown on both sides, about 5 to 6 minutes.
- Add the vermouth or wine to the pan and transfer to the oven. Cook the meat through for 7 to 8 minutes more. While the meat cooks, bring a couple of inches of water to a boil over medium heat and salt the water.

- Add the broccolini and cook for 5 to 6 minutes, then drain. Arrange the chops on 4 plates.
- Add the butter to the pan and whisk it into the pan juices, then spoon the sauce over the chops.
- Serve with the mashed potatoes and parsnips and the broccolini alongside.

Nutrition Facts



Properties

Glycemic Index:94.44, Glycemic Load:36.75, Inflammation Score:-10, Nutrition Score:43.460000432056%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 955.64kcal (47.78%), Fat: 49.06g (75.48%), Saturated Fat: 21.31g (133.21%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 52.74g (19.18%), Sugar: 7.68g (8.54%), Cholesterol: 235.53mg (78.51%), Sodium: 759.03mg (33%), Alcohol: 3.09g (100%), Alcohol %: 0.54% (100%), Protein: 62.05g (124.1%), Vitamin C: 159.77mg (193.66%), Vitamin B3: 22.24mg (111.21%), Vitamin B6: 2.1mg (104.9%), Phosphorus: 766.56mg (76.66%), Potassium: 1959.31mg (55.98%), Vitamin B12: 3.24µg (53.99%), Vitamin A: 2577.15IU (51.54%), Zinc: 7.44mg (49.57%), Vitamin B2: 0.75mg (44.16%), Vitamin B5: 4.05mg (40.46%), Calcium: 380.63mg (38.06%), Selenium: 25.76µg (36.79%), Magnesium: 131.53mg (32.88%), Vitamin K: 33.96µg (32.34%), Fiber: 7.92g (31.67%), Manganese: 0.62mg (31.18%), Copper: 0.58mg (28.95%), Iron: 5.12mg (28.44%), Vitamin B1: 0.42mg (27.73%), Folate: 78.49µg (19.62%), Vitamin E: 2.4mg (16%), Vitamin D: 0.53µg (3.56%)