



Pan-Roasted Veal Chops with Arugula

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small bunches arugula trimmed
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.8 teaspoon rosemary or dried fresh minced crumbled
- ☐ 1 garlic clove
- ☐ 1 cup chicken broth low-sodium
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon salt

- ☐ 3 tablespoons shallots minced
- ☐ 2.5 tablespoons butter unsalted
- ☐ 40 oz veal rib chops ()

Equipment

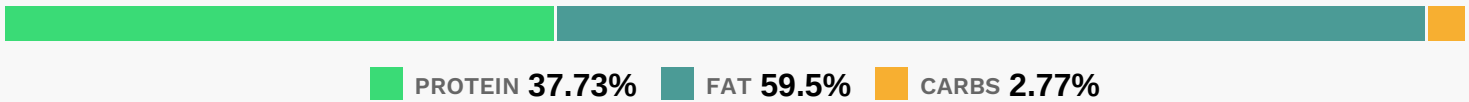
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pat veal chops dry and season with salt and pepper.
- ☐ Heat 1/2 tablespoon butter and 1/2 tablespoon oil in a 12-inch heavy skillet (see cooks' note, below) over moderately high heat until hot but not smoking, then sear chops until golden brown, about 3 minutes on each side.
- ☐ Transfer skillet to middle of oven and roast chops until an instant-read thermometer inserted horizontally into a chop registers 155°F (do not touch bone), 10 to 15 minutes (depending on thickness).
- ☐ While chops are roasting, mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large heavy knife), then transfer half of paste to a bowl and whisk in 1/2 tablespoon vinegar, remaining tablespoon oil, and salt and pepper to taste.
- ☐ Transfer chops to a plate and keep warm.
- ☐ Add shallot and remaining garlic paste to skillet and cook over moderate heat, stirring, until softened, about 1 minute.
- ☐ Add wine and remaining tablespoon vinegar and boil, scraping up brown bits, until reduced to about 2 tablespoons, about 4 minutes.

- ☐
- Add broth and rosemary and boil until reduced by half, about 4 minutes.
- ☐
- Remove from heat and add remaining 2 tablespoons butter, swirling skillet to incorporate, then stir in any veal juices accumulated on plate. Season with salt and pepper.
- ☐
- Add arugula to dressing and toss to coat.
- ☐
- Serve chops with sauce and arugula.
- ☐
- If your skillet isn't ovenproof, wrap handle with heavy-duty foil (or a double layer of regular foil) before roasting.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:26.119999963304%

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: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 617.23kcal (30.86%), Fat: 38.63g (59.43%), Saturated Fat: 16.33g (102.05%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.78g (1.37%), Sugar: 1.88g (2.08%), Cholesterol: 242.77mg (80.92%), Sodium: 409.13mg (17.79%), Alcohol: 3.09g (100%), Alcohol %: 0.98% (100%), Protein: 55.11g (110.21%), Vitamin B3: 24.91mg (124.53%), Vitamin B6: 1.56mg (77.96%), Phosphorus: 596.42mg (59.64%), Vitamin B12: 3.22µg (53.68%), Zinc: 6.73mg (44.84%), Vitamin B2: 0.71mg (41.67%), Vitamin B5: 3.74mg (37.37%), Selenium: 24.41µg (34.88%), Potassium: 972.8mg (27.79%), Vitamin K: 20.1µg (19.15%), Magnesium: 71.71mg (17.93%), Copper: 0.31mg (15.51%), Vitamin B1: 0.21mg (13.77%), Iron: 2.46mg (13.67%), Vitamin E: 1.7mg (11.35%), Folate: 40.49µg (10.12%), Manganese: 0.16mg (7.82%), Calcium: 59.27mg (5.93%), Vitamin A: 231.44IU (4.63%), Vitamin C: 0.91mg (1.11%), Fiber: 0.27g (1.07%)