

Ragout of Veal

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 cup no-salt-added beef broth undiluted canned
- 0.3 teaspoon rosemary dried
- 0.3 cup vermouth dry
- 1 tablespoon flour all-purpose
- 1.5 cups mushrooms fresh sliced
- 3 tablespoons parsley fresh chopped
- 1.5 teaspoons garlic chopped

- 0.8 cup leeks sliced
- 1 teaspoon olive oil divided
- 3 tablespoons olives pitted ripe coarsely chopped
- 0.5 teaspoon pepper freshly ground
- 2 servings try build-a-meal
- 0.1 teaspoon salt
- 0.8 cup tomatoes peeled seeded chopped
- 0.5 pound veal boneless lean

Equipment

- frying pan
- paper towels

Directions

- Trim fat from veal; cut veal into 1-inch cubes.
- Combine flour and pepper in a shallow dish; dredge veal in flour mixture. Coat a medium nonstick skillet with cooking spray; add 1/2 teaspoon olive oil.
- Place over medium-high heat until hot.
- Add veal; cook until browned on all sides, stirring frequently.
- Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel.
- Add beef broth and vermouth to skillet; bring to a boil.
- Add veal, leeks, and next 4 ingredients. Cover, reduce heat, and simmer 1 hour. Coat a small nonstick skillet with cooking spray; add remaining 1/2 teaspoon oil.
- Place over medium-high heat until hot.
- Add mushrooms; saute 4 minutes or until tender.
- Add parsley, olives, and salt; stir well.
- Add mushroom mixture to veal; cook, covered, 15 minutes or until veal is tender.
- Remove and discard bay leaves.

Nutrition Facts

PROTEIN 35.67% FAT 47.76% CARBS 16.57%

Properties

Glycemic Index:170.5, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:31.149999968384%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 404.67kcal (20.23%), Fat: 20.54g (31.6%), Saturated Fat: 6.45g (40.32%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 12.9g (4.69%), Sugar: 4.36g (4.84%), Cholesterol: 123.5mg (41.17%), Sodium: 1130.21mg (49.14%), Alcohol: 2.85g (100%), Alcohol %: 0.93% (100%), Protein: 34.51g (69.02%), Vitamin K: 120.8µg (115.05%), Vitamin B3: 14.05mg (70.23%), Vitamin C: 37.19mg (45.07%), Vitamin B6: 0.87mg (43.65%), Vitamin B2: 0.74mg (43.37%), Vitamin B12: 2.55µg (42.57%), Selenium: 29.19µg (41.71%), Phosphorus: 402.06mg (40.21%), Zinc: 5.78mg (38.53%), Vitamin A: 1587.12IU (31.74%), Vitamin B5: 3.06mg (30.6%), Potassium: 1012.69mg (28.93%), Copper: 0.54mg (26.88%), Manganese: 0.52mg (25.88%), Iron: 3.94mg (21.91%), Folate: 76.5µg (19.13%), Vitamin B1: 0.26mg (17.28%), Magnesium: 66.35mg (16.59%), Fiber: 3.13g (12.52%), Vitamin E: 1.72mg (11.5%), Calcium: 71.85mg (7.19%)