



Rino's Special

READY IN



35 min.

SERVINGS



4

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons brandy
- ☐ 0.3 stick butter
- ☐ 16 ounce chicken tenderloins thinly sliced
- ☐ 3 ounces porcini mushrooms chopped
- ☐ 2 ounces flour all-purpose
- ☐ 4 servings salt and ground pepper fresh black
- ☐ 0.8 cup heavy cream
- ☐ 0.5 cup olive oil
- ☐ 6 ounces oyster mushrooms trimmed

- ☐ 4 servings parsley leaves chopped for garnish
- ☐ 12 shiitake mushrooms and stems discarded cleaned sliced
- ☐ 4 large shrimp shelled deveined
- ☐ 16 ounce veal cutlets thinly sliced scaloppini

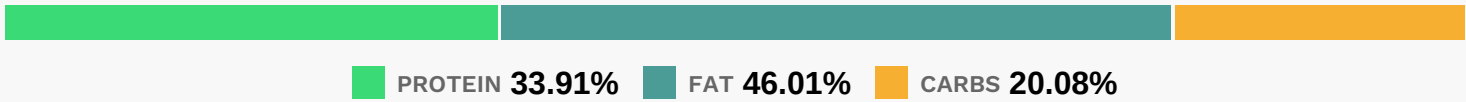
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Pound the veal and chicken into 1/4-inch thick slices, between sheets of plastic wrap or waxed paper.
- ☐ Add the flour to a large shallow dish. Dredge the veal and chicken in the flour.
- ☐ Heat the olive oil in a large saute pan over medium to low heat.
- ☐ Add veal and chicken and brown on 1 side only.
- ☐ Add all of the mushrooms and saute for 1 to 2 minutes.
- ☐ Drain the oil from the pan, add the shrimp and season with salt and pepper, to taste.
- ☐ Add the brandy and carefully ignite it with a long kitchen match to burn off the alcohol. Stir in the heavy cream and butter and let the sauce reduce for 3 to 4 minutes. Ready to serve.
- ☐ Arrange 1 piece of veal, 1 piece of chicken and 1 shrimp on each serving plate. Top with some mushrooms and sauce and garnish with parsley. Can be served over pasta, if desired.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:8.46, Inflammation Score:-8, Nutrition Score:42.717391242152%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 691.07kcal (34.55%), Fat: 34.48g (53.05%), Saturated Fat: 16.73g (104.58%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 28.86g (10.49%), Sugar: 3.32g (3.69%), Cholesterol: 242.74mg (80.91%), Sodium: 289.31mg (12.58%), Alcohol: 3.76g (100%), Alcohol %: 1.06% (100%), Protein: 57.18g (114.36%), Vitamin B3: 30.17mg (150.83%), Selenium: 66.02µg (94.31%), Vitamin B5: 8.86mg (88.63%), Vitamin B6: 1.77mg (88.6%), Copper: 1.49mg (74.44%), Vitamin K: 75.63µg (72.03%), Phosphorus: 715.41mg (71.54%), Vitamin B2: 1.09mg (64.12%), Potassium: 1577.61mg (45.07%), Zinc: 6.05mg (40.33%), Magnesium: 115.14mg (28.79%), Manganese: 0.57mg (28.31%), Folate: 110.72µg (27.68%), Vitamin B1: 0.41mg (27.42%), Vitamin B12: 1.49µg (24.83%), Vitamin A: 1224.42IU (24.49%), Fiber: 5.01g (20.05%), Iron: 3.47mg (19.26%), Vitamin D: 2.12µg (14.15%), Vitamin E: 1.95mg (12.98%), Vitamin C: 7.69mg (9.32%), Calcium: 61.49mg (6.15%)