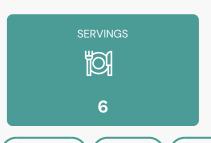


Roasted Double Veal Chops

Gluten Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

1 cup chicken broth
0.5 cup wine dry white
1 tablespoon parsley fresh finely chopped
1 teaspoon thyme sprigs fresh finely chopped
1 garlic clove minced
1 tablespoons olive oil
1.5 ounces pancetta sliced cut into 1/4-inch-thick strips

2 teaspoons butter unsalted

EQ	Juipment
	frying pan
	paper towels
	sauce pan
	oven
	roasting pan
	kitchen thermometer
	aluminum foil
	cutting board
Di	rections
	Preheat oven to 400°F.
	Cook pancetta in 1 tablespoon oil over moderately low heat in a large heavy skillet, stirring occasionally, until browned and fat is rendered.
	Transfer pancetta to paper towels to drain, reserving fat in skillet.
	Pat chops dry and season with salt and pepper. Increase heat under skillet to moderately high, then brown chops in fat on all sides, adding more oil if necessary.
	Transfer chops to a small flameproof roasting pan, bone sides down, and set skillet aside.
	Roast chops in middle of oven until an instant-read thermometer inserted 2 inches into center of meat (without touching bone) registers 135°F for medium, about 1 hour.
	Transfer chops to a cutting board and let stand, covered loosely with foil, 15 minutes (internatemperature will rise to about 140°F).
	Discard all but about 1 tablespoon fat from skillet.
	Heat over moderate heat until hot but not smoking, then cook garlic, stirring, until fragrant, 30 seconds.
	Add wine to skillet and deglaze by boiling over high heat, scraping up brown bits.
	Add stock and boil until mixture is reduced to about 3/4 cup.
	Deglaze roasting pan with wine mixture.

Transfer to a small saucepan and skim off any fat. Reheat and swirl in butter, parsley, and
thyme. Stir in any juices accumulated on cutting board, pancetta, and pepper to taste.
With chops on their sides, cut parallel to bones into thin slices, then serve with sauce.
Nutrition Facts
DECTEIN 7 25% EAT 86 49% CARS 6 26%

Properties

Glycemic Index:20.33, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:1.8504347593888%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Naringenin: 0.08mg, Hesperetin: 0.08mg, Apigenin: 1.45mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 82.2kcal (4.11%), Fat: 6.59g (10.14%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.37g (0.41%), Cholesterol: 9.04mg (3.01%), Sodium: 193.95mg (8.43%), Alcohol: 2.06g (100%), Alcohol %: 3.64% (100%), Protein: 1.24g (2.49%), Vitamin K: 12.54µg (11.95%), Manganese: 0.06mg (2.87%), Vitamin E: 0.43mg (2.84%), Selenium: 1.69µg (2.41%), Vitamin A: 117.1IU (2.34%), Vitamin B2: 0.04mg (2.07%), Vitamin B3: 0.41mg (2.06%), Vitamin B1: 0.03mg (2.04%), Vitamin C: 1.58mg (1.91%), Vitamin B6: 0.04mg (1.84%), Phosphorus: 17.28mg (1.73%), Iron: 0.23mg (1.29%), Potassium: 43.43mg (1.24%), Magnesium: 4.27mg (1.07%), Zinc: 0.16mg (1.04%)