



Roasted Double Veal Chops

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



82 kcal

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

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- 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 (internal temperature 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

PROTEIN 7.25% **FAT 86.49%** **CARBS 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, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg 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%)