



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 cooking wine dry white
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 teaspoon thyme leaves 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

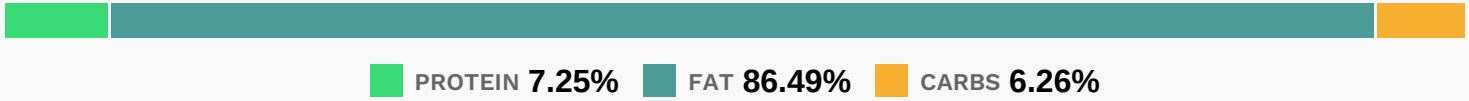
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

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



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%)