



Sauteed Veal with Lemon on a Bed of Broccoli Rabe

READY IN



12 min.

SERVINGS



2

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces broccoli rabe
- ☐ 1 tablespoon butter
- ☐ 0.5 cup chicken stock see
- ☐ 1 handful flat-leaf parsley fresh finely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon ground nutmeg grated
- ☐ 1 lemon zest ripe juiced

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 0.5 pound veal scallops thinly sliced
- ☐ 0.3 cup water

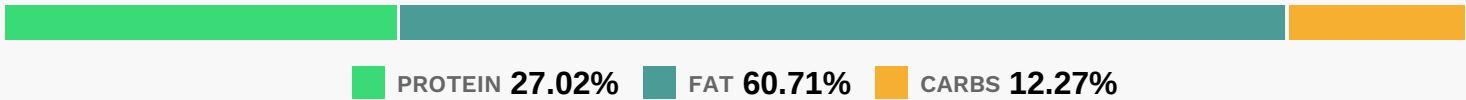
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a skillet over moderate heat, combine oil, butter and flour. Cook 2 or 3 minutes.
- ☐ Whisk in broth.
- ☐ Add the sliced veal in thickened sauce 3 or 4 minutes and transfer to a warm platter. Season veal with salt and pepper.
- ☐ Add lemon zest, lemon juice and chopped parsley to the sauce and remove pan from heat.
- ☐ Heat water for broccoli rabe. Blanch until just cooked but still crispy.
- ☐ Drain broccoli rabe.
- ☐ Place a second skillet over medium high heat.
- ☐ Add extra-virgin olive oil, garlic, and broccoli rabe and cook until tender. Season with salt, pepper and nutmeg.
- ☐ To assemble, divide broccoli rabe between 2 dinner plates. Top with veal and pour pan sauce equally over the 2 plates.

Nutrition Facts



Properties

Glycemic Index:160.5, Glycemic Load:4.43, Inflammation Score:-10, Nutrition Score:31.982173919678%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 423.26kcal (21.16%), Fat: 28.97g (44.57%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 8.65g (3.15%), Sugar: 1.74g (1.93%), Cholesterol: 109.84mg (36.61%), Sodium: 274.1mg (11.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.01%), Vitamin K: 359.56µg (342.44%), Vitamin A: 4064.27IU (81.29%), Vitamin B3: 11.68mg (58.41%), Vitamin C: 35.76mg (43.34%), Vitamin B6: 0.77mg (38.68%), Folate: 153.01µg (38.25%), Phosphorus: 364.16mg (36.42%), Manganese: 0.69mg (34.55%), Vitamin B2: 0.59mg (34.46%), Vitamin E: 4.82mg (32.11%), Zinc: 4.76mg (31.73%), Vitamin B1: 0.41mg (27.2%), Iron: 4.72mg (26.22%), Vitamin B12: 1.53µg (25.52%), Selenium: 14.78µg (21.11%), Potassium: 731.97mg (20.91%), Vitamin B5: 2.01mg (20.1%), Calcium: 186.13mg (18.61%), Fiber: 4.52g (18.09%), Magnesium: 65.34mg (16.33%), Copper: 0.25mg (12.26%)