



Seitan Scaloppine with Lemon-Olive Sauce

 Vegetarian  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon basil
- 2 tablespoons cashew butter
- 0.8 cup vegetable stock (or other vegetable broth)
- 1.3 cups chicken broth
- 1 tablespoon flat parsley minced
- 3 cloves garlic crushed
- 10 olive green pitted sliced
- 1 optional: lemon sliced

- 2 tablespoons juice of lemon
- 2 tablespoons nutritional yeast
- 1 teaspoon onion powder
- 0.5 teaspoon salt
- 4 servings salt and pepper
- 1 tablespoon unbleached flour
- 4 servings vegetable stock
- 1 cup vital wheat gluten
- 2 tablespoons wine

Equipment

- frying pan
- aluminum foil

Directions

- Place it on a sheet of foil, a little higher than center. Fold the bottom of the foil over to meet the top, and then fold the two edges over about 1/2 inch to form a seam. Continue folding the foil by half inches until it reaches just above the cutlet. Flatten the cutlet down a little more, and then fold the left and right edges in the same way until the packet is snug around the cutlet. Repeat with all pieces of dough.
- Place the packets flat into the steamer and cover. Steam for 25 minutes. Keep packets sealed until you're ready to use them. Spray a non-stick skillet (or some other non-iron skillet) with olive oil spray. Begin heating it as you prepare a plate containing the flour sprinkled with a little salt and pepper. Once the skillet is hot, unwrap each cutlet and lightly dredge each side in the flour and then place in the skillet. Cook until brown and then turn over and brown other side.
- Remove to a plate. (If you'd rather not use any oil at all, skip the flouring of the cutlets and just brown them alone. Your sauce may not thicken unless you add a little flour to it later.)
- Add the garlic and lemon slices to the pan. Cook until the lemon slices have softened, 2-3 minutes, and then remove them from the pan, leaving the garlic.
- Add the olives, broth, wine, and lemon juice and cook on medium heat until the liquid starts to reduce.

Remove the garlic, add salt and pepper to taste, and return the cutlets to the pan. Turn them over to coat with the sauce. Simmer briefly to warm them through, and if the sauce becomes too thick, add a little broth to thin. Stir in the parsley, and remove the cutlets to plates. Spoon some sauce over each cutlet and garnish with lemon slices.

Nutrition Facts

PROTEIN 45.24% **FAT 24.78%** **CARBS 29.98%**

Properties

Glycemic Index:82.38, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:8.1852172762156%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg, Hesperetin: 8.65mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg 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: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 234.17kcal (11.71%), Fat: 6.63g (10.2%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 15.45g (5.62%), Sugar: 3.75g (4.16%), Cholesterol: 1.47mg (0.49%), Sodium: 2041.45mg (88.76%), Alcohol: 0.77g (100%), Alcohol %: 0.22% (100%), Protein: 27.22g (54.45%), Vitamin C: 19.36mg (23.47%), Selenium: 14.5µg (20.72%), Vitamin K: 16.66µg (15.87%), Iron: 2.63mg (14.61%), Vitamin A: 726.37IU (14.53%), Copper: 0.28mg (14.24%), Phosphorus: 132.76mg (13.28%), Fiber: 2.59g (10.37%), Manganese: 0.18mg (9.03%), Magnesium: 36.09mg (9.02%), Calcium: 70.39mg (7.04%), Potassium: 239.25mg (6.84%), Zinc: 0.84mg (5.6%), Vitamin B1: 0.07mg (4.36%), Vitamin B6: 0.09mg (4.29%), Vitamin B2: 0.07mg (4.24%), Folate: 12.99µg (3.25%), Vitamin E: 0.48mg (3.2%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.2mg (2.02%)