



Sherried Sweetbreads In Pastry Shells

READY IN



45 min.

SERVINGS



12

CALORIES



433 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted chopped
- 2 tablespoons butter divided
- 2 ounces cheddar cheese
- 2 tablespoons flour all-purpose divided
- 0.5 pound mushrooms fresh sliced
- 2 cups half-and-half divided
- 0.3 teaspoon nutmeg
- 0.1 teaspoon pepper
- 12 baked 3-inch pastry shells

- 0.3 teaspoon salt
- 0.3 cup cooking sherry
- 1 pound veal sweetbreads

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- dutch oven

Directions

- Place sweetbreads in a medium mixing bowl; cover with cold water. Set aside to soak for 1 hour.
- Drain well; remove and discard white membrane.
- Place sweetbreads and water to cover in a small Dutch oven. Bring to a boil. Reduce heat, and simmer 20 minutes.
- Drain well, and rinse with cold water. Cool completely. Chop sweetbreads, and set aside.
- Melt 1 tablespoon butter in a saucepan over low heat; add 1 tablespoon flour, stirring until smooth. Gradually add 1 cup half-and-half; cook over medium heat, stirring constantly, until thickened. Set aside.
- In a medium skillet, melt remaining butter; add mushrooms, and saut until tender.
- Add remaining flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add remaining half-and-half. Cook over medium heat, stirring constantly, until sauce is thickened and bubbly.
- Combine reserved cream sauce and mushroom sauce.
- Add sweetbreads, almonds, sherry, nutmeg, salt, and pepper. Cook over low heat until heated; stir occasionally.
- Spoon mixture into pastry shells; sprinkle with cheese.

Place pastry shells on a lightly greased baking sheet.

Bake at 375 for 5 minutes or until cheese melts.

Nutrition Facts

PROTEIN 13.43% **FAT 62.96%** **CARBS 23.61%**

Properties

Glycemic Index:26.42, Glycemic Load:12.39, Inflammation Score:-4, Nutrition Score:11.666086969168%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 432.62kcal (21.63%), Fat: 30.17g (46.41%), Saturated Fat: 9.85g (61.59%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.13g (8.77%), Sugar: 2.6g (2.88%), Cholesterol: 49.84mg (16.61%), Sodium: 275.24mg (11.97%), Alcohol: 0.51g (100%), Alcohol %: 0.41% (100%), Protein: 14.48g (28.96%), Vitamin B3: 5.71mg (28.55%), Selenium: 19.37µg (27.68%), Vitamin B2: 0.45mg (26.58%), Phosphorus: 198.38mg (19.84%), Vitamin B1: 0.26mg (17.51%), Manganese: 0.34mg (16.81%), Zinc: 1.94mg (12.96%), Folate: 50.7µg (12.67%), Vitamin B6: 0.22mg (10.77%), Vitamin B12: 0.64µg (10.72%), Iron: 1.82mg (10.14%), Calcium: 97.05mg (9.7%), Copper: 0.19mg (9.67%), Vitamin B5: 0.94mg (9.38%), Vitamin E: 1.33mg (8.84%), Potassium: 292.85mg (8.37%), Magnesium: 32.6mg (8.15%), Vitamin K: 8.26µg (7.87%), Vitamin A: 274.24IU (5.48%), Fiber: 1.31g (5.26%)