

Sicilian Veal Cutlets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups angel hair hot cooked uncooked (4 ounces pasta)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 6 kalamata olives pitted chopped
- ☐ 6 ounce marinated artichoke hearts drained chopped
- ☐ 1.5 cups plum tomatoes seeded chopped (4)

- ☐ 1.5 ounce veal leg cutlets
- ☐ 2 teaspoons vegetable oil divided

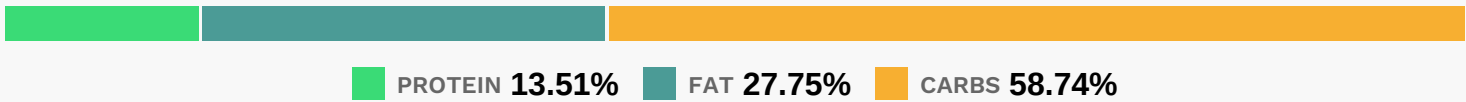
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Trim fat from veal.
- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap; flatten to 1/8-inch thickness using a meat mallet or rolling pin.
- ☐ Combine flour and pepper. Dredge veal in flour mixture; shake off excess flour.
- ☐ Heat 1 teaspoon oil in a skillet over high heat until hot.
- ☐ Add half of cutlets to skillet. Cook 2 minutes on each side or until browned. Repeat with 1 teaspoon oil and remaining veal.
- ☐ Remove from pan.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Add wine, scraping pan to loosen browned bits. Reduce heat to medium-high; boil wine mixture for 3 minutes. Return veal to pan.
- ☐ Add tomato, olives, and artichokes; cover and simmer 1 minute or until thoroughly heated.
- ☐ Serve immediately with the pasta.
- ☐ Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:14.57, Inflammation Score:-8, Nutrition Score:11.360434796499%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 307.49kcal (15.37%), Fat: 8.11g (12.48%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 35.15g (12.78%), Sugar: 4.39g (4.87%), Cholesterol: 8.29mg (2.76%), Sodium: 271.83mg (11.82%), Alcohol: 6.18g (100%), Alcohol %: 3.1% (100%), Protein: 8.89g (17.78%), Selenium: 26.16µg (37.37%), Manganese: 0.59mg (29.41%), Vitamin C: 21.32mg (25.84%), Vitamin A: 1189.3IU (23.79%), Fiber: 3.49g (13.97%), Phosphorus: 132.19mg (13.22%), Vitamin B3: 2.47mg (12.37%), Vitamin K: 12.36µg (11.77%), Potassium: 388.37mg (11.1%), Vitamin B6: 0.22mg (10.83%), Magnesium: 40.5mg (10.12%), Copper: 0.19mg (9.64%), Iron: 1.52mg (8.44%), Vitamin B1: 0.11mg (7.37%), Folate: 29.25µg (7.31%), Zinc: 1.04mg (6.91%), Vitamin E: 0.97mg (6.47%), Vitamin B2: 0.1mg (5.72%), Vitamin B5: 0.41mg (4.07%), Calcium: 37.33mg (3.73%), Vitamin B12: 0.11µg (1.84%)