



Spiced Veal Roulades

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 7 tablespoons butter divided room temperature
- ☐ 1 teaspoon coarse kosher salt
- ☐ 2 large eggs
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 3 ounce veal scallops

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ toothpicks
- ☐ meat tenderizer

Directions

- ☐ Working in batches and using meat mallet, pound veal scallops between sheets of plastic wrap into thin ovals, each about 3 to 4 inches wide.
- ☐ Sprinkle both sides of scallops lightly with salt.
- ☐ Mix 4 tablespoons butter and parsley in small bowl.
- ☐ Spread 1 teaspoon butter mixture evenly over 1 side of each veal scallop. Starting at short sides, roll up veal, enclosing butter mixture. Fasten ends of veal scallops with toothpicks to secure.
- ☐ Spread flour on plate.
- ☐ Whisk eggs, garlic, 1 teaspoon coarse salt, cinnamon, pepper, cloves, and nutmeg in medium bowl to blend. Dredge veal scallops in flour; shake off excess.
- ☐ Melt remaining 3 tablespoons butter with oil in heavy large skillet over medium-low heat until butter foams but is not brown, about 3 minutes. Turn veal rolls in egg mixture to coat well and add to skillet. Increase heat to medium-high and cook until rolls are browned on all sides and cooked through, turning frequently, about 10 minutes.
- ☐ Transfer to work surface; remove toothpicks.
- ☐ Cut rolls crosswise into slices. Divide veal roulades among plates and serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:11.65, Inflammation Score:-5, Nutrition Score:8.6482607903688%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 303.17kcal (15.16%), Fat: 23.07g (35.5%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.05g (5.84%), Sugar: 0.19g (0.21%), Cholesterol: 108.74mg (36.25%), Sodium: 529.91mg (23.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Vitamin K: 27.97µg (26.63%), Selenium: 13.67µg (19.52%), Manganese: 0.35mg (17.63%), Vitamin B2: 0.23mg (13.3%), Folate: 50.5µg (12.63%), Vitamin B1: 0.19mg (12.42%), Vitamin A: 612.83IU (12.26%), Vitamin B3: 2.35mg (11.73%), Vitamin E: 1.65mg (10.98%), Phosphorus: 91.33mg (9.13%), Iron: 1.59mg (8.82%), Vitamin B12: 0.37µg (6.1%), Zinc: 0.85mg (5.67%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.11mg (5.58%), Fiber: 0.92g (3.68%), Copper: 0.07mg (3.38%), Potassium: 111.05mg (3.17%), Magnesium: 12.31mg (3.08%), Calcium: 27.75mg (2.77%), Vitamin C: 2.1mg (2.55%), Vitamin D: 0.33µg (2.22%)