



HEALTH SCORE

100%

Stuffed Breast of Veal



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



5028 kcal

SIDE DISH

Ingredients

- 1 cup carrots grated
- 1 cup celery chopped
- 2 eggs
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.8 teaspoon garlic powder
- 1 cup mushrooms sliced
- 1 cup onion chopped

- 0.5 teaspoon onion powder
- 1 teaspoon paprika
- 1 serving salt and pepper to taste
- 5 pounds veal breast
- 0.3 cup vegetable oil
- 8 cups bread white cubed

Equipment

- bowl
- frying pan
- oven
- knife
- roasting pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Heat vegetable oil in a large skillet over medium-high heat. Stir in the mushrooms, and cook for 1 or 2 minutes until they begin to soften.
- Add the carrot, celery, and onion; cook and stir until the carrot begins to soften, 5 to 10 minutes. Turn the heat off, and stir in the garlic and parsley; set aside.
- Beat the eggs and water with salt and pepper in a large bowl. Fold in the bread cubes until they absorb the egg mixture, then fold in the cooked vegetables; set aside.
- Cut a deep pocket into the veal breast with a long, narrow knife. Stuff the veal with the bread and vegetable mixture, and season with paprika, onion powder, garlic powder, salt, and pepper.
- Place onto a roasting pan, and cover loosely with aluminum foil.
- Bake in preheated oven for 3 1/2 hours, then remove the foil, baste with pan drippings, and continue cooking 30 minutes more. When done, tent with aluminum foil, and allow the veal breast to rest for 15 minutes before slicing.

Nutrition Facts

PROTEIN 40.05% FAT 42.25% CARBS 17.7%

Properties

Glycemic Index:294.61, Glycemic Load:135.59, Inflammation Score:-10, Nutrition Score:88.602174095486%

Flavonoids

Apigenin: 35.21mg, Apigenin: 35.21mg, Apigenin: 35.21mg, Apigenin: 35.21mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg, Myricetin: 2.42mg Quercetin: 33.29mg, Quercetin: 33.29mg, Quercetin: 33.29mg, Quercetin: 33.29mg

Nutrients (% of daily need)

Calories: 5028.06kcal (251.4%), Fat: 230.73g (354.97%), Saturated Fat: 77.57g (484.83%), Carbohydrates: 217.53g (72.51%), Net Carbohydrates: 198.7g (72.25%), Sugar: 36.17g (40.19%), Cholesterol: 2187.09mg (729.03%), Sodium: 4088.86mg (177.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 492.09g (984.17%), Vitamin B3: 192.99mg (964.96%), Phosphorus: 5419.7mg (541.97%), Vitamin B6: 10.5mg (524.89%), Vitamin B12: 31.21µg (520.2%), Zinc: 75.34mg (502.25%), Vitamin A: 24568.39IU (491.37%), Vitamin B2: 8mg (470.62%), Selenium: 306.18µg (437.39%), Vitamin K: 396.1µg (377.23%), Vitamin B5: 35.39mg (353.91%), Vitamin B1: 3.98mg (265.18%), Potassium: 9087.29mg (259.64%), Folate: 868.85µg (217.21%), Iron: 35.5mg (197.2%), Magnesium: 718.61mg (179.65%), Manganese: 3.52mg (176.06%), Copper: 3.52mg (175.75%), Calcium: 1313.27mg (131.33%), Vitamin E: 13.95mg (92.98%), Fiber: 18.83g (75.33%), Vitamin C: 46.64mg (56.53%), Vitamin D: 1.95µg (13.01%)