



WHATShEATE



Stuffed Veal Breast

READY IN



45 min.

SERVINGS



10

CALORIES



488 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 cup celery diced ()
- ☐ 0.5 pound chicken livers trimmed
- ☐ 2 large eggs
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 1 large garlic clove chopped
- ☐ 1 cup chicken stock low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 2 cups cocktail rye bread diced ()
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup butter unsalted
- ☐ 3.5 pound ground veal boneless thick ()
- ☐ 0.3 cup milk whole

Equipment

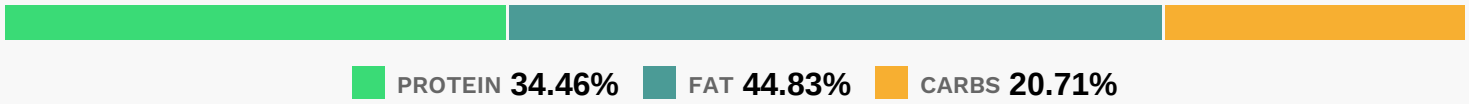
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Toast bread cubes on baking sheet until dry and beginning to brown on edges, about 15 minutes. (Leave oven on.)
- ☐ Cook celery, onion, garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper in 2 tablespoons butter in a 12-inch heavy skillet over moderate heat, stirring occasionally, until vegetables are softened, about 3 minutes.
- ☐ Transfer to a small bowl.
- ☐ Heat remaining 2 tablespoons butter in cleaned skillet over high heat until foam subsides, then sauté livers with 1/4 teaspoon salt and 1/8 teaspoon pepper until edges are browned but livers are still pink inside, about 3 minutes.

- ☐ Transfer to a cutting board and cool completely, then cut livers into 1/4-inch dice.
- ☐ Whisk together eggs and milk in a large bowl, then stir in bread, vegetable mixture, livers, dill, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Let stand at room temperature until bread has absorbed liquid, about 10 minutes.
- ☐ Trim as much excess fat as possible from veal, then lay meat on a work surface. Beginning at center of thickest edge of veal breast, insert a large knife horizontally into center of veal and cut a pocket as evenly as possible, leaving a 1-inch border on 3 sides. Open pocket and sprinkle inside with 1/4 teaspoon salt and 1/8 teaspoon pepper. Fill pocket with stuffing and cover opening with bacon slices. Rub outside of veal with oil and sprinkle with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Transfer veal to a small roasting pan.
- ☐ Add stock to pan, then cover pan tightly with foil and roast veal 1 1/2 hours.
- ☐ Remove foil and baste veal with stock, then roast, uncovered, until well browned and thermometer inserted diagonally 2 inches into stuffing registers 190°F, about 1 hour more.
- ☐ Transfer veal to a platter and let stand, loosely covered with foil, 20 minutes before slicing.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:10.87, Inflammation Score:-9, Nutrition Score:33.742173765017%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 488.43kcal (24.42%), Fat: 23.87g (36.72%), Saturated Fat: 9.44g (59.02%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 21.81g (7.93%), Sugar: 2.6g (2.89%), Cholesterol: 261.46mg (87.15%), Sodium: 838.3mg (36.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.55%), Vitamin B12: 6.06µg (101.08%), Vitamin B3: 16.46mg (82.29%), Selenium: 44.1µg (63%), Vitamin B2: 1.06mg (62.52%), Vitamin A: 2749.86IU (55%),

Folate: 214.35µg (53.59%), Phosphorus: 493.78mg (49.38%), Vitamin B6: 0.93mg (46.62%), Zinc: 6.26mg (41.76%),
Vitamin B5: 3.93mg (39.35%), Vitamin B1: 0.43mg (28.46%), Iron: 5.01mg (27.82%), Manganese: 0.54mg (26.85%),
Potassium: 712.52mg (20.36%), Copper: 0.4mg (20.14%), Magnesium: 65.87mg (16.47%), Fiber: 3.01g (12.03%),
Vitamin E: 1.41mg (9.38%), Calcium: 81.19mg (8.12%), Vitamin C: 5.13mg (6.21%), Vitamin K: 4.46µg (4.25%), Vitamin
D: 0.37µg (2.47%)