

SIDE DISH

Stuffed Veal Chops

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	2	\$4.21	737 kcal



The recipe Stuffed Veal Chops can be made in about 25 minutes. This recipe makes 2 servings with 1105 calories, 96g of protein, and 72g of fat each. For \$4.21 per serving, this recipe covers 33% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 tablespoons seasoned Italian bread crumbs
- ☐ 1/2 small onion, grated
- ☐ 1/2 teaspoon coarse black pepper
- ☐ 1/4 cup grated sharp provolone cheese
- ☐ 1/2 teaspoon salt
- ☐ 2 (1-inch thick) veal chops, frenched
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 2 tablespoons minced fresh oregano leaves
- ☐ 1/4 cup minced prosciutto
- ☐ 1/4 cup diced roasted peppers
- ☐ 2 servings Salt and freshly ground black pepper

EQUIPMENT Bowl, Oven, Baking pan, Toothpicks, Grill

Method

- 1

Watch how to make this recipe.
- 2

In a medium bowl, mix all the filling ingredients together until well combined. Set aside.
- 3

Have grill preheated over high heat and oven preheated to 350 degrees F.
- 4

Slit each veal chop on its side to create a pocket. Stuff each chop with filling. Use toothpicks to keep closed. Season chops with salt and pepper and brush with oil on both sides.
- 5

Place chops on smoking hot grill and mark for 2 minutes on each side.
- 6

Remove from grill and place in a baking dish. Finish cooking in oven for 4 to 6 minutes.

Nutrition per serving			
	737	53 g	52 g
	KCAL	PROTEIN	FAT
			14 g
			CARBS
Saturated Fat			17.7 g · 111% of daily needs
Fibre			3.3 g · 13% of daily needs
Sugar			1.6 g · 2% of daily needs
Sodium			1,465 mg · 64% of daily needs
Cholesterol			210 mg · 70% of daily needs
Vitamin C			9.8 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/stuffed-veal-chops-142847