



HEALTH SCORE

57%

Stuffed Veal Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



527 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons apricot preserves
- ☐ 6 servings pepper black freshly ground
- ☐ 3 sprigs rosemary leaves fresh
- ☐ 10 ounce spinach frozen chopped
- ☐ 2 tablespoons honey
- ☐ 1 lemon zest
- ☐ 2 teaspoons mustard
- ☐ 2 tablespoons olive oil

- ☐ 1 orange zest
- ☐ 10 ounces pimiento stuffed olives green
- ☐ 6 servings sea salt fine
- ☐ 3 pound ground veal
- ☐ 5 medium mushrooms white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

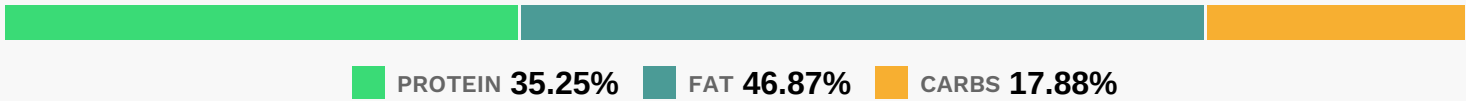
Directions

- ☐ Preheat oven to 375°F.
- ☐ Place the mushrooms, the 1/2-box defrosted spinach, leaves from the rosemary sprigs, olives, orange zest, and lemon zest into the bowl of a food processor fitted with a metal blade. Pulse to combine to a paste.
- ☐ Untie the roast. Season both sides with salt and pepper.
- ☐ Spread the stuffing paste evenly over the surface of the veal, generously covering it.
- ☐ Reroll the roast and tie it just tightly enough to secure; don't tie too tightly or the filling will all ooze out. The filling will be visible.
- ☐ Heat the olive oil in a large skillet.
- ☐ Add the veal roast and sear on all sides until the meat is a deep golden-brown.
- ☐ Place the seared roast into a roasting pan.
- ☐ In a small bowl, mix the honey, apricot preserves, and mustard. Rub all the meat surfaces with a thick coating of the apricot-honey mixture, reserving some mixture.
- ☐ Bake for 1 hour, covered.
- ☐ Remove the roast from the oven and baste with remaining apricot-honey mixture. Return to the oven, uncovered, for 15 more minutes. Allow the roast to stand for 10 minutes before

slicing. The roast should be juicy and slightly pink in the center.

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Nutrition Facts



Properties

Glycemic Index:24.71, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:36.18000023067%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 526.78kcal (26.34%), Fat: 27.68g (42.58%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 23.76g (7.92%), Net Carbohydrates: 20.19g (7.34%), Sugar: 15.35g (17.06%), Cholesterol: 185.97mg (61.99%), Sodium: 1179.42mg (51.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.84g (93.68%), Vitamin K: 179.43µg (170.88%), Vitamin A: 5779.22IU (115.58%), Vitamin B3: 17.95mg (89.76%), Vitamin B6: 1.05mg (52.7%), Vitamin B12: 3.05µg (50.75%), Phosphorus: 501.75mg (50.17%), Zinc: 7.35mg (48.99%), Vitamin B2: 0.79mg (46.64%), Selenium: 24.08µg (34.4%), Vitamin B5: 3.28mg (32.79%), Vitamin E: 4.47mg (29.83%), Potassium: 974.56mg (27.84%), Folate: 103.22µg (25.81%), Magnesium: 98.97mg (24.74%), Copper: 0.45mg (22.39%), Manganese: 0.44mg (21.87%), Iron: 3.3mg (18.34%), Vitamin B1: 0.25mg (16.95%), Fiber: 3.58g (14.3%), Calcium: 130.79mg (13.08%), Vitamin C: 8.74mg (10.59%)