



Stuffed Veal Rolls

READY IN



23 min.

SERVINGS



4

CALORIES



259 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons currants dried
- ☐ 1 teaspoon rosemary dried
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1.3 ounce whole-grain bread (such as Pepperidge Farm)
- ☐ 0.3 cup parmesan cheese fresh shredded
- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 1 pound veal scaloppine ()

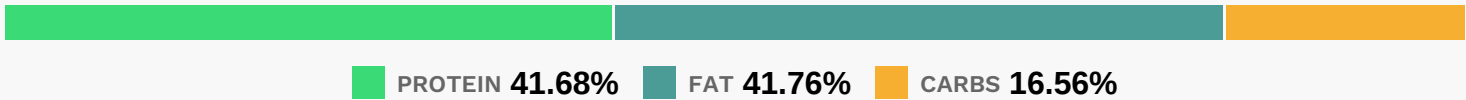
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Cut larger pieces of veal in half to form 8 pieces, if needed.
- ☐ Process bread in a food processor until fine crumbs form. Set aside 1/4 cup breadcrumbs. Reserve remaining breadcrumbs for another use.
- ☐ Combine 1/4 cup breadcrumbs, Parmesan cheese, and next 4 ingredients in a bowl.
- ☐ Spread breadcrumb mixture evenly over 1 side of veal pieces.
- ☐ Roll up each veal piece, jelly-roll fashion, starting with short side. Secure each in center with a wooden pick; sprinkle with salt and pepper. Coat veal rolls with cooking spray.
- ☐ Place veal rolls on grill rack; grill 7 minutes or until done, turning once.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:63.92, Glycemic Load:3.86, Inflammation Score:-4, Nutrition Score:16.910000149323%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 259.41kcal (12.97%), Fat: 11.91g (18.33%), Saturated Fat: 4.74g (29.59%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.51g (3.46%), Sugar: 5.26g (5.85%), Cholesterol: 98.65mg (32.88%), Sodium: 563.63mg

(24.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.52%), Vitamin K: 51.86µg (49.39%), Vitamin B3: 9.21mg (46.04%), Phosphorus: 331.32mg (33.13%), Zinc: 4.09mg (27.24%), Vitamin B12: 1.62µg (26.99%), Vitamin B6: 0.52mg (26.02%), Manganese: 0.51mg (25.37%), Vitamin B2: 0.37mg (21.69%), Selenium: 13.52µg (19.31%), Vitamin B5: 1.61mg (16.11%), Calcium: 142.89mg (14.29%), Potassium: 479.68mg (13.71%), Magnesium: 48.73mg (12.18%), Copper: 0.21mg (10.45%), Vitamin B1: 0.15mg (10.26%), Iron: 1.73mg (9.63%), Vitamin A: 325.75IU (6.51%), Folate: 25.45µg (6.36%), Vitamin C: 4.38mg (5.31%), Fiber: 1.12g (4.47%), Vitamin E: 0.63mg (4.19%)