



Umbrian-Style Veal Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup basil leaves fresh packed
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 0.3 cup mint leaves fresh packed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 cloves garlic smashed
- ☐ 1 juice of lemon fresh

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 small onion red roughly chopped
- ☐ 32 ounce thick veal rib chops bone-in
- ☐ 2 tablespoons citrus champagne vinegar

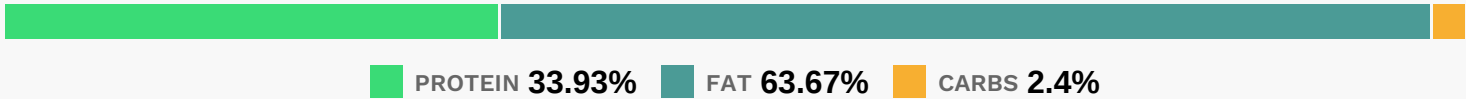
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the basil, oil, mint, marjoram, vinegar, anchovy paste, rosemary, salt, pepper, garlic, lemon juice and onion in the bowl of a food processor. Blend until chunky.
- ☐ Let the mixture stand for 20 minutes.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Sprinkle the chops with the salt and pepper. Cook to medium rare, 10 to 12 minutes, turning the chops over halfway through the cooking time.
- ☐ Let the chops rest for 5 minutes.
- ☐ Spoon the dressing on top of the chops and serve.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:25.23043478831%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 533.75kcal (26.69%), Fat: 37.15g (57.15%), Saturated Fat: 11.12g (69.49%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.81g (0.9%), Cholesterol: 182.57mg (60.86%), Sodium: 924.48mg (40.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.55g (89.09%), Vitamin B3: 20.16mg (100.79%), Vitamin B6: 1.26mg (63.01%), Vitamin K: 51.87µg (49.4%), Phosphorus: 473.92mg (47.39%), Vitamin B12: 2.55µg (42.54%), Zinc: 5.48mg (36.54%), Vitamin B2: 0.58mg (33.96%), Selenium: 22.31µg (31.88%), Vitamin B5: 3.05mg (30.48%), Potassium: 785.29mg (22.44%), Vitamin E: 3.06mg (20.41%), Magnesium: 62.99mg (15.75%), Copper: 0.27mg (13.31%), Iron: 2.39mg (13.26%), Vitamin B1: 0.18mg (11.84%), Manganese: 0.22mg (10.98%), Folate: 41.51µg (10.38%), Vitamin C: 7.3mg (8.85%), Vitamin A: 380.41IU (7.61%), Calcium: 69.08mg (6.91%), Fiber: 0.73g (2.91%)