



Veal and Lemon Saltimbocca

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 canned tomatoes whole drained chopped
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 slices optional: lemon thin
- ☐ 3 tablespoons olive oil
- ☐ 4 large slices pancetta
- ☐ 4 sage leaves finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 4 veal loin chops
- ☐ 0.5 cup white wine

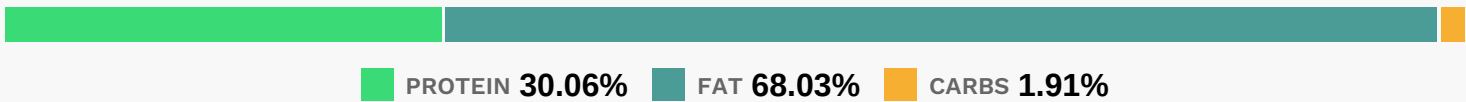
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Place the veal chops on a work surface and season with salt and pepper.
- ☐ Place a slice of lemon on top of each chop. Top with 1 leaf of sage.
- ☐ Lay a large piece of prosciutto on each chop and press to seal.
- ☐ Warm the olive oil in a large skillet over medium-high heat.
- ☐ Place the veal chops in the hot oil, lemon side down.
- ☐ Saute until the prosciutto starts to caramelize, about 2 minutes. Turn the veal over and saute for another 2 minutes.
- ☐ Remove to a platter and set aside.
- ☐ Deglaze the pan with the white wine, scraping up the brown bits from the bottom of the pan with a wooden spoon.
- ☐ Add the chicken broth and reduce by half.
- ☐ Add the tomatoes, cream, salt, and pepper. Stir until combined and hot.
- ☐ Pour the sauce over the veal and top with the remaining 1 teaspoon finely chopped sage.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:23.678695595783%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 625.64kcal (31.28%), Fat: 45.17g (69.49%), Saturated Fat: 18.13g (113.34%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.62g (1.8%), Cholesterol: 218.02mg (72.68%), Sodium: 659.42mg (28.67%), Alcohol: 3.09g (100%), Alcohol %: 1.13% (100%), Protein: 44.91g (89.81%), Vitamin B3: 19.66mg (98.28%), Vitamin B6: 1.26mg (62.79%), Phosphorus: 487.58mg (48.76%), Vitamin B12: 2.6µg (43.37%), Vitamin B2: 0.63mg (37.07%), Zinc: 5.48mg (36.55%), Selenium: 21.91µg (31.31%), Vitamin B5: 3.1mg (31%), Potassium: 780.01mg (22.29%), Vitamin K: 20.22µg (19.26%), Copper: 0.36mg (17.94%), Vitamin E: 2.48mg (16.51%), Magnesium: 59.89mg (14.97%), Vitamin B1: 0.2mg (13.31%), Iron: 1.98mg (11.01%), Vitamin A: 450.89IU (9.02%), Folate: 32.13µg (8.03%), Manganese: 0.14mg (7.01%), Calcium: 64.23mg (6.42%), Vitamin C: 4.22mg (5.12%), Vitamin D: 0.51µg (3.39%), Fiber: 0.3g (1.2%)