



Veal and Tomato Ragoût with Potatoes, Cinnamon, and Cream

READY IN



45 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 3 tablespoons butter
- ☐ 2 celery stalks finely chopped
- ☐ 2 cinnamon sticks
- ☐ 1.3 cups wine dry white
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 medium onion finely chopped

- ☐ 2 pounds stew meat boneless trimmed
- ☐ 2 cups tomato sauce
- ☐ 1 cup water ()
- ☐ 0.5 cup whipping cream
- ☐ 1.3 pounds potatoes peeled cut into 1/2-inch pieces

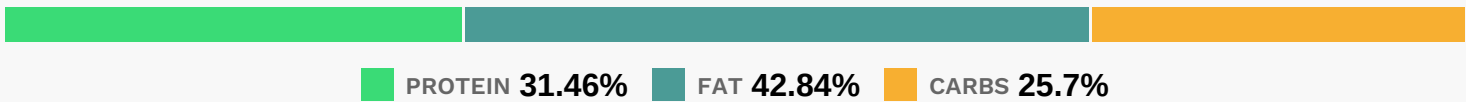
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place veal in medium bowl.
- ☐ Sprinkle flour over; toss to coat. Shake off excess.
- ☐ Sprinkle veal with salt and pepper. Melt butter with oil in heavy large pot over high heat. Working in batches, add veal and sauté until brown on all sides, about 6 minutes per batch.
- ☐ Transfer to bowl.
- ☐ Add onions and celery to pot; sauté until vegetables begin to soften, about 5 minutes. Return veal to pot.
- ☐ Add wine and bring to boil, scraping up browned bits. Boil until liquid is reduced by half, about 3 minutes. Stir in tomato sauce, 1 cup water, parsley, and cinnamon sticks; bring to boil. Reduce heat to low; cover and simmer 1 hour 15 minutes, stirring occasionally.
- ☐ Stir potatoes and cream into stew; season with salt and pepper. Cover; simmer until veal and potatoes are very tender, stirring often and thinning with more water if necessary, about 1 hour. Discard cinnamon sticks and serve.

Nutrition Facts



Properties

Glycemic Index:60.79, Glycemic Load:17.36, Inflammation Score:-8, Nutrition Score:30.040869546973%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 520.7kcal (26.04%), Fat: 23.12g (35.57%), Saturated Fat: 11.14g (69.62%), Carbohydrates: 31.22g (10.41%), Net Carbohydrates: 26.44g (9.62%), Sugar: 6.34g (7.04%), Cholesterol: 131.2mg (43.73%), Sodium: 536.2mg (23.31%), Alcohol: 5.15g (100%), Alcohol %: 1.33% (100%), Protein: 38.2g (76.4%), Vitamin B6: 1.43mg (71.46%), Selenium: 45.36µg (64.8%), Vitamin B3: 12.49mg (62.44%), Vitamin B12: 2.84µg (47.35%), Zinc: 7mg (46.7%), Phosphorus: 441.66mg (44.17%), Vitamin K: 42.34µg (40.33%), Potassium: 1290.7mg (36.88%), Vitamin C: 29.91mg (36.26%), Manganese: 0.6mg (30.15%), Iron: 5.35mg (29.71%), Vitamin B2: 0.41mg (24.19%), Magnesium: 83.85mg (20.96%), Vitamin B1: 0.3mg (20.18%), Vitamin A: 1000.63IU (20.01%), Copper: 0.38mg (19.19%), Fiber: 4.77g (19.1%), Folate: 63.72µg (15.93%), Vitamin E: 2.38mg (15.84%), Vitamin B5: 1.36mg (13.55%), Calcium: 96.17mg (9.62%), Vitamin D: 0.32µg (2.12%)