

Veal Angelica

READY IN



100 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 asparagus spears fresh
- ☐ 1 cup chicken broth
- ☐ 1 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 pinch garlic powder to taste
- ☐ 0.5 cup milk
- ☐ 0.3 cup olive oil
- ☐ 2 ounce pancetta

- ☐ 1 ounce provolone cheese
- ☐ 1 cup red wine
- ☐ 0.5 cup roasted peppers red sliced
- ☐ 1 pinch salt and pepper to taste
- ☐ 1 cup seasoned bread crumbs dry
- ☐ 2 ounce veal cutlets
- ☐ 0.5 cup vidalia onion chopped

Equipment

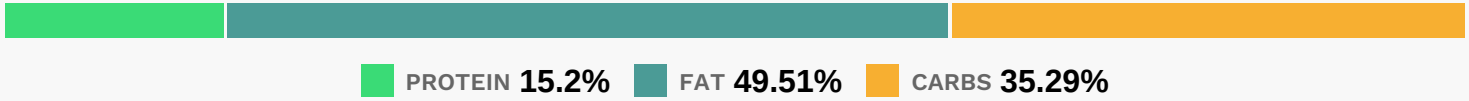
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Season each veal cutlet with salt, pepper, and garlic powder. On each of four of the cutlets, place 1 slice of cheese, 2 spears of asparagus, one slice of prosciutto, and another slice of cheese on top. Top each stack with a second cutlet, folding under and pressing the edges together to make a package.
- ☐ In a shallow bowl, whisk together egg and milk.
- ☐ Place the bread crumbs on a plate. Dredge both sides of the veal packages in flour. Dip each one in the egg mixture, then coat with bread crumbs.
- ☐ Place on a plate, and refrigerate for 30 minutes.
- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Heat olive oil in a large cast-iron skillet over medium-high heat. The skillet should be large enough to hold all four packages. Brown the veal on both sides, about 5 minutes per side.
- ☐ Add the onion and red peppers, and cook over medium heat until they are translucent.
- ☐ Pour in the wine, and simmer until the alcohol has cooked away – it will no longer smell as strongly.
- ☐ Pour in the chicken broth, and add the mushrooms.

☐ Place the skillet and its contents into the preheated oven, and bake for about 30 minutes, or until the internal temperature of the veal has reached 160 degrees F (70 degrees C). The sauce should also be reduced by about half.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:9.97, Inflammation Score:-7, Nutrition Score:21.346086916716%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg, Quercetin: 8mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 506.83kcal (25.34%), Fat: 25.66g (39.48%), Saturated Fat: 6.53g (40.83%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 37.71g (13.71%), Sugar: 6.49g (7.21%), Cholesterol: 71.36mg (23.79%), Sodium: 1057.17mg (45.96%), Alcohol: 6.36g (100%), Alcohol %: 2.16% (100%), Protein: 17.73g (35.45%), Vitamin B1: 0.6mg (39.79%), Selenium: 27.53µg (39.33%), Vitamin B2: 0.67mg (39.25%), Vitamin B3: 7.16mg (35.8%), Vitamin K: 36.42µg (34.68%), Manganese: 0.64mg (31.76%), Phosphorus: 292.38mg (29.24%), Folate: 104.97µg (26.24%), Iron: 4.11mg (22.84%), Copper: 0.39mg (19.48%), Vitamin B6: 0.37mg (18.72%), Calcium: 183.22mg (18.32%), Vitamin E: 2.68mg (17.84%), Potassium: 590.66mg (16.88%), Vitamin B5: 1.66mg (16.58%), Vitamin C: 12.71mg (15.4%), Zinc: 2.13mg (14.22%), Fiber: 3.44g (13.74%), Magnesium: 49.92mg (12.48%), Vitamin B12: 0.72µg (12.01%), Vitamin A: 569.82IU (11.4%), Vitamin D: 0.74µg (4.96%)