



Veal Chop Holstein Schnitzel

READY IN



120 min.

SERVINGS



4

CALORIES



1071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy
- 2 cups breadcrumbs
- 1 tablespoon capers chopped
- 6 eggs
- 1 cup flour
- 1 tablespoon parsley leaves fresh chopped
- 2 cloves garlic smashed
- 4 servings kosher salt
- 0.3 cup olive oil

- 4 servings peanut flavored
- 2 tablespoons butter unsalted
- 4 tablespoons butter unsalted ()
- 4 veal loin chops boneless

Equipment

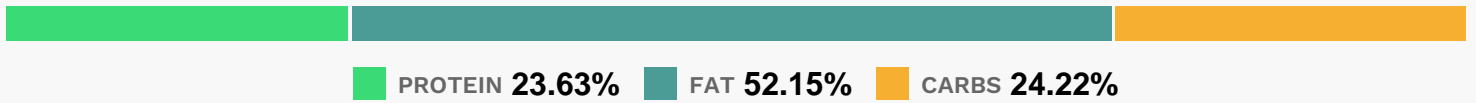
- frying pan
- paper towels
- oven
- plastic wrap
- meat tenderizer

Directions

- Place the butterflied veal chops in between layers of plastic wrap and gently pound with the flat side of a meat mallet.
- Sprinkle the chops generously with salt.
- Set up a standard breading procedure: In 3 large dishes, set up one with the flour, one with 2 eggs beaten with 2 tablespoons water and one with the breadcrumbs.
- Dust each chop in the flour and shake off the excess. Dip each chop in the egg mixture and then run through the breadcrumbs.
- Place the breaded veal on a sheet tray and let them hang out in the fridge for at least 1 hour to allow the breading to set.
- Preheat the oven to 200 degrees F.
- Add enough oil to coat a large saute pan until it is a depth of 1/4-inch.
- Add 2 tablespoons butter and bring the pan to a medium heat. Working in batches, fry the veal chops until they are golden brown on both sides, about 6 minutes total.
- Drain each chop on paper towels and salt each one as they come out of the oil. After the second chop, change out the oil and butter and fry the 2 remaining chops. Reserve the cooked chops in the warm oven.
- Coat a nonstick saute pan lightly with oil and fry the remaining 4 eggs sunny side up. The whites should be cooked and the yolks should be warm and runny, cook for 4 to 5 minutes.

- Top each chop with a sunny side up egg and pour over some of the Anchovy Caper Sauce.
- Serve immediately.
- Wine Pairing Suggestion: Gruner Veltliner
- In a small saute pan, add the olive oil, anchovy filets and garlic. Set the pan over medium heat and allow the garlic to brown lightly and the anchovy fillets to melt. Once the garlic is golden, it has fulfilled its garlic destiny; remove it and discard.
- Add in the chopped capers. Melt in the butter and finish the sauce with the parsley as you are ready to plate.

Nutrition Facts



Properties

Glycemic Index:37.81, Glycemic Load:17.41, Inflammation Score:-8, Nutrition Score:41.481304635172%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 1071.09kcal (53.55%), Fat: 61.26g (94.25%), Saturated Fat: 24.29g (151.83%), Carbohydrates: 64.02g (21.34%), Net Carbohydrates: 60.52g (22.01%), Sugar: 3.72g (4.13%), Cholesterol: 470.41mg (156.8%), Sodium: 936.59mg (40.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.46g (124.93%), Vitamin B3: 25.13mg (125.63%), Selenium: 64.92µg (92.75%), Vitamin B2: 1.24mg (72.65%), Phosphorus: 718.74mg (71.87%), Vitamin B6: 1.42mg (70.8%), Vitamin B1: 0.97mg (64.35%), Vitamin B12: 3.33µg (55.55%), Zinc: 7.21mg (48.04%), Folate: 180.6µg (45.15%), Vitamin B5: 4.45mg (44.52%), Manganese: 0.85mg (42.31%), Vitamin K: 42.8µg (40.76%), Iron: 7.17mg (39.83%), Potassium: 950.07mg (27.14%), Vitamin E: 3.81mg (25.41%), Magnesium: 94.65mg (23.66%), Copper: 0.47mg (23.64%), Vitamin A: 969.33IU (19.39%), Calcium: 190.82mg (19.08%), Fiber: 3.5g (13.99%), Vitamin D: 1.63µg (10.9%), Vitamin C: 1.88mg (2.28%)