



Veal Chop with Portabello Mushrooms

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1.5 cups chicken broth
- 1.5 teaspoons rosemary fresh chopped
- 5 tablespoons olive oil divided
- 1 portobello mushroom sliced
- 0.5 cup red wine
- 2 veal loin chops

Equipment

frying pan

Directions

- Heat 4 tablespoons olive oil with butter in a skillet over medium-high heat. Cook chops until browned, 2 to 3 minutes per side.
- Once browned, stir in mushrooms and cook for 1 minute.
- Add chicken broth and rosemary; cover, and simmer 10 minutes. Stir in red wine, increase heat, and cook, uncovered, until sauce is reduced by half. Veal chops may be removed at any time to prevent over-cooking, then returned to the pan for the final minute.
- Drizzle with remaining 1 tablespoon olive oil, and serve.

Nutrition Facts

PROTEIN 23.84% **FAT 74.04%** **CARBS 2.12%**

Properties

Glycemic Index:32.5, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:26.512608904715%

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 Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 798.88kcal (39.94%), Fat: 61.85g (95.16%), Saturated Fat: 17.25g (107.79%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.18g (2.43%), Cholesterol: 197.12mg (65.71%), Sodium: 897.9mg (39.04%), Alcohol: 6.36g (100%), Alcohol %: 1.48% (100%), Protein: 44.81g (89.62%), Vitamin B3: 21.58mg (107.88%),

Vitamin B6: 1.29mg (64.73%), Phosphorus: 517.68mg (51.77%), Vitamin B12: 2.58µg (42.95%), Vitamin B2: 0.72mg (42.48%), Selenium: 27.92µg (39.88%), Vitamin E: 5.87mg (39.13%), Zinc: 5.68mg (37.87%), Vitamin B5: 3.46mg (34.59%), Vitamin K: 34.23µg (32.6%), Potassium: 950.38mg (27.15%), Copper: 0.37mg (18.29%), Magnesium: 61.15mg (15.29%), Vitamin B1: 0.22mg (14.89%), Iron: 2.38mg (13.23%), Manganese: 0.25mg (12.55%), Folate: 42.03µg (10.51%), Calcium: 51.54mg (5.15%), Vitamin A: 181.85IU (3.64%), Fiber: 0.56g (2.23%)