



Veal Chop with Radicchio, White Beans, and Rosemary



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



379 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup beans white canned rinsed drained
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 2 garlic clove
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 3 cups radicchio thinly
- ☐ 2 teaspoons red-wine vinegar
- ☐ 0.4 teaspoon salt

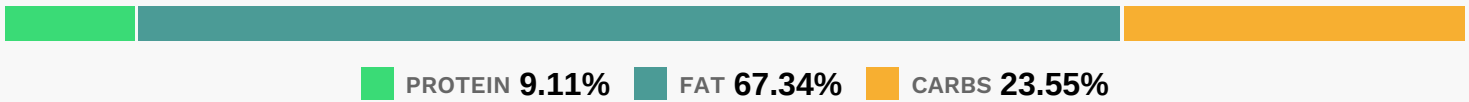
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mince 1 garlic clove and mash to a paste with 1/4 teaspoon salt, then transfer to a shallow bowl. Stir in 1 tablespoon oil, 1/4 teaspoon rosemary, and 1/4 teaspoon pepper.
- ☐ Add veal and turn once or twice to coat.
- ☐ Heat remaining tablespoon oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook veal, turning over once, until golden and just cooked through, 6 to 7 minutes total.
- ☐ Transfer veal to a plate.
- ☐ Finely chop remaining garlic clove and add to skillet, then cook over moderate heat, stirring, until golden, about 30 seconds.
- ☐ Add radicchio and beans and cook, stirring, until radicchio begins to wilt, about 2 minutes.
- ☐ Add vinegar and cook until most of vinegar is evaporated.
- ☐ Whisk together broth and cornstarch, then add to bean mixture and boil, scraping up brown bits, until sauce is thickened slightly and about two thirds of liquid is evaporated, about 4 minutes.
- ☐ Remove from heat and stir in remaining 1/4 teaspoon rosemary, 1/8 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Serve veal with radicchio and beans.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:3.72, Inflammation Score:-7, Nutrition Score:17.639565200909%

Flavonoids

Cyanidin: 152.39mg, Cyanidin: 152.39mg, Cyanidin: 152.39mg, Cyanidin: 152.39mg Delphinidin: 9.22mg, Delphinidin: 9.22mg, Delphinidin: 9.22mg, Delphinidin: 9.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 45.61mg, Luteolin: 45.61mg, Luteolin: 45.61mg, Luteolin: 45.61mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 37.92mg, Quercetin: 37.92mg, Quercetin: 37.92mg, Quercetin: 37.92mg

Nutrients (% of daily need)

Calories: 379.25kcal (18.96%), Fat: 29.25g (45%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 18.68g (6.79%), Sugar: 1.11g (1.24%), Cholesterol: 0mg (0%), Sodium: 939.52mg (40.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Vitamin K: 326.33µg (310.79%), Vitamin E: 7.23mg (48.2%), Manganese: 0.71mg (35.43%), Copper: 0.64mg (32.07%), Folate: 111.19µg (27.8%), Potassium: 776.84mg (22.2%), Iron: 3.13mg (17.4%), Fiber: 4.34g (17.36%), Phosphorus: 149.42mg (14.94%), Vitamin C: 11.53mg (13.98%), Magnesium: 50.92mg (12.73%), Zinc: 1.62mg (10.79%), Vitamin B3: 2.04mg (10.22%), Vitamin B6: 0.2mg (10.12%), Calcium: 87.97mg (8.8%), Vitamin B1: 0.09mg (5.97%), Vitamin B2: 0.1mg (5.86%), Vitamin B5: 0.48mg (4.83%), Selenium: 2.97µg (4.24%), Vitamin B12: 0.12µg (1.97%)