

food
network



HEALTH SCORE

68%

Veal Chop with Zucca



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs fresh toasted
- ☐ 1 pound butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 4 garlic cloves thinly sliced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 onion red finely chopped
- ☐ 6 fillet salt-packed anchovy rinsed drained for 20 minutes, and
- ☐ 4 shallots finely chopped

☐ 4 veal loin chops bone-in

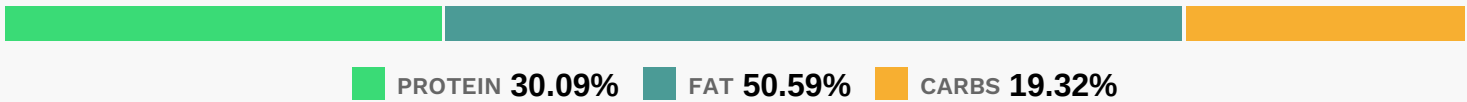
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ In a 12 to 14 inch saute pan, heat 2 tablespoons of the olive oil over medium heat.
- ☐ Add the onions, garlic and anchovies and cook over medium heat, stirring occasionally, until the onion and garlic are softened and the anchovies have begun to break up. Turn the heat up to high and add the squash cubes. Toss over high heat for 5 minutes, or until the cubes are tender and browned at the edges. Season with salt and pepper and remove from heat.
- ☐ Season chops with salt and pepper.
- ☐ Brush the chops with 2 tablespoons of the olive oil and place on the hottest part of the grill. Cook to medium rare, 6 to 8 minutes per side.
- ☐ Place a chop on each of four warmed dinner plates, pour the zucca mixture over, top with bread crumbs and serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:36.044782306837%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 638.08kcal (31.9%), Fat: 35.85g (55.15%), Saturated Fat: 10.98g (68.65%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 26.57g (9.66%), Sugar: 6.5g (7.22%), Cholesterol: 182.14mg (60.71%), Sodium: 306.61mg (13.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.98g (95.95%), Vitamin A: 12059.58IU (241.19%), Vitamin B3: 22.37mg (111.83%), Vitamin B6: 1.55mg (77.7%), Phosphorus: 547.6mg (54.76%), Vitamin B12: 2.59µg (43.22%), Zinc: 5.89mg (39.3%), Vitamin B2: 0.65mg (38.28%), Selenium: 26.24µg (37.48%), Potassium: 1272.79mg (36.37%), Vitamin B5: 3.63mg (36.3%), Vitamin C: 28.78mg (34.89%), Manganese: 0.59mg (29.49%), Vitamin B1: 0.44mg (29.28%), Vitamin E: 4.3mg (28.67%), Magnesium: 107.72mg (26.93%), Vitamin K: 23.53µg (22.41%), Folate: 88.81µg (22.2%), Iron: 3.79mg (21.04%), Copper: 0.38mg (19.21%), Fiber: 4.23g (16.93%), Calcium: 145.7mg (14.57%)