



Veal Chops

 **Gluten Free**

READY IN



75 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter thinly sliced
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 1 pinch ground cumin to taste
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 ounces provolone cheese shredded
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 1 pound veal loin chops lean
- ☐ 2 tablespoons water or as needed

☐ 2 ounces cheddar cheese shredded white

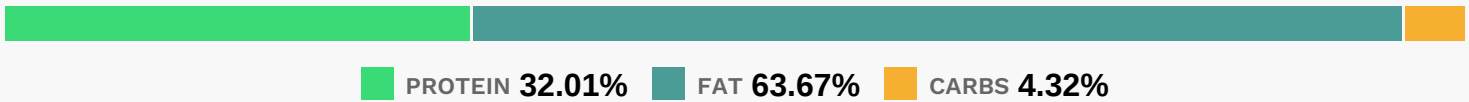
Equipment

- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Season both sides of veal chops with salt, black pepper, and cumin.
- ☐ Put 3 to 4 slices butter in the bottom of a 9x13-inch casserole dish; sprinkle in about 1/4 of the mozzarella cheese, 1/4 of the provolone cheese, and 1/4 of the white Cheddar cheese. Arrange a layer of veal chops atop the cheese layer. Top each chop with 2 to 3 slices butter, 1/3 of the mushrooms, and 1/4 of the mozzarella cheese, 1/4 of the provolone cheese, and 1/4 of the white Cheddar cheese. Continue layering with the remaining ingredients.
- ☐ Pour enough water into the casserole dish to just cover the bottom; cover dish with aluminum foil and an oven-safe lid.
- ☐ Bake in the preheated oven until veal is no longer pink in the center, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:22.040434775145%

Nutrients (% of daily need)

Calories: 435.53kcal (21.78%), Fat: 31.03g (47.74%), Saturated Fat: 16.86g (105.41%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.52g (2.81%), Cholesterol: 147.31mg (49.1%), Sodium: 454.64mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.21%), Vitamin B3: 13.76mg (68.8%), Vitamin B2: 0.88mg (51.76%), Phosphorus: 511.39mg (51.14%), Selenium: 28.77µg (41.1%), Vitamin B6: 0.75mg (37.25%), Vitamin B12: 2µg (33.37%), Vitamin B5: 3.33mg (33.31%), Zinc: 4.63mg (30.83%), Calcium: 303.93mg (30.39%), Copper: 0.48mg (23.99%), Potassium: 750.88mg (21.45%), Vitamin A: 625.85IU (12.52%), Vitamin B1: 0.18mg (12.21%), Magnesium: 47.47mg (11.87%), Folate: 39.74µg (9.94%), Iron: 1.58mg (8.79%), Vitamin K: 8.11µg (7.73%), Manganese:

0.1mg (5.23%), Vitamin E: 0.72mg (4.78%), Fiber: 1.16g (4.65%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.38mg (2.89%)