



Veal Chops Balsamico

 Gluten Free

READY IN



48 min.

SERVINGS



48

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup heinz balsamic vinegar
- 1 Tbsp rosemary fresh chopped
- 2 Tbsp garlic minced
- 0.3 cup olive oil
- 0.3 cup polly-o part skim mozzarella cheese shredded
- 1.5 cups classico tomato and basil pasta sauce
- 1.5 lb veal loin chops thick-cut

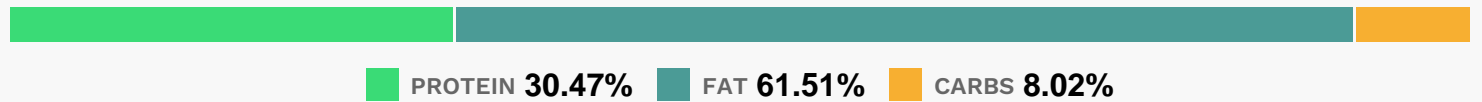
Equipment

- oven
- baking pan
- grill

Directions

- Preheat grill to medium-high heat and preheat oven to 350F. Rub chops with combined oil, garlic and rosemary. Grill 4 min. on each side.
- Mix pasta sauce and vinegar in 2-qt. baking dish sprayed with cooking spray. Top with chops; sprinkle with cheese.
- Bake 25 min. or until chops are medium doneness (160F).
- Serve topped with the sauce.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.5317391498095%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.06kcal (1.95%), Fat: 2.61g (4.02%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.49g (0.54%), Cholesterol: 11.57mg (3.86%), Sodium: 30.74mg (1.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin B3: 1.21mg (6.03%), Vitamin B6: 0.08mg (3.99%), Phosphorus: 31.69mg (3.17%), Vitamin B12: 0.16µg (2.7%), Zinc: 0.35mg (2.33%), Vitamin B2: 0.04mg (2.13%), Selenium: 1.34µg (1.91%), Vitamin B5: 0.19mg (1.87%), Potassium: 59.15mg (1.69%), Vitamin K: 1.47µg (1.4%), Vitamin E: 0.2mg (1.33%)