



Veal Chops Milanese with Sage

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 0.8 cup bread crumbs dry fine
- ☐ 1 eggs
- ☐ 1 tablespoon sage dried fresh chopped
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 1 optional: lemon cut into wedges
- ☐ 0.3 teaspoon salt
- ☐ 20 ounces thick veal rib chops

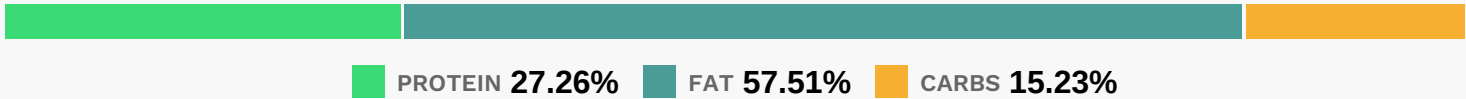
Equipment

- ☐ frying pan

Directions

- ☐ Beat the egg to mix with the salt and the pepper.
- ☐ Combine the bread crumbs and the fresh or dried sage. Dip the veal chops (including the rib bone if the chop has one) into the beaten egg and then into the bread crumbs. Shake off the excess bread crumbs.
- ☐ In a large nonstick frying pan, melt the butter over moderately low heat.
- ☐ Put the coated veal chops in the pan and cook until golden, about 4 minutes. Turn and cook until golden and just done, about 3 minutes longer.
- ☐ Serve with the lemon wedges.
- ☐ Variations: These chops are also excellent, and in fact more traditional, without the sage.: You can throw tradition to the winds and saut the chops without pounding. They'll need another minute of cooking per side. : Another possibility is to make this with pork chops, either pounded or not.
- ☐ Test-Kitchen Tip: To ensure a crisp coating, keep the heat steady at moderately low. Don't be tempted to turn it down or the crumbs won't brown to a crunchy gold.
- ☐ Wine Recommendation: Try a Sankt Magdalener riesling, or if you can't find one, a German kabinett halbtrocken riesling. You'll be happily surprised by how good the combination of the wine and the veal chops will taste.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:19.425217514453%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 461.8kcal (23.09%), Fat: 29.41g (45.25%), Saturated Fat: 15.13g (94.56%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 15.64g (5.69%), Sugar: 1.99g (2.21%), Cholesterol: 190.53mg (63.51%), Sodium: 542.81mg (23.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.74%), Vitamin B3: 13.44mg (67.18%), Vitamin B6: 0.83mg (41.51%), Phosphorus: 346.34mg (34.63%), Selenium: 20.83µg (29.76%), Vitamin B12: 1.77µg (29.53%), Vitamin B2: 0.49mg (28.54%), Zinc: 3.78mg (25.2%), Vitamin B5: 2.19mg (21.95%), Vitamin B1: 0.31mg (21%), Vitamin K: 19.07µg (18.16%), Vitamin C: 14.47mg (17.54%), Potassium: 533.45mg (15.24%), Iron: 2.52mg (13.99%), Manganese: 0.26mg (12.98%), Folate: 50.14µg (12.54%), Magnesium: 47.39mg (11.85%), Vitamin A: 532.51IU (10.65%), Copper: 0.21mg (10.38%), Calcium: 85.74mg (8.57%), Fiber: 1.88g (7.54%), Vitamin E: 0.98mg (6.57%), Vitamin D: 0.22µg (1.47%)