

health-score 75%
HEALTH SCORE

Veal Chops Pizzaiolo

 Gluten Free  Very Healthy

READY IN

ready

110 min.

SERVINGS

servings

4

CALORIES

calories

1072 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.3 cup olive oil extra virgin
- ☐ 8 leaves basil fresh
- ☐ 1 pound mozzarella cheese fresh
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 4 tablespoons olive oil extra-virgin

- ☐ 1 onion spanish chopped
- ☐ 4 servings onion spanish cut into 1/4-inch dice
- ☐ 2 tablespoons oregano dried
- ☐ 4 servings salt
- ☐ 4 rib veal chops
- ☐ 0.3 cup water

Equipment

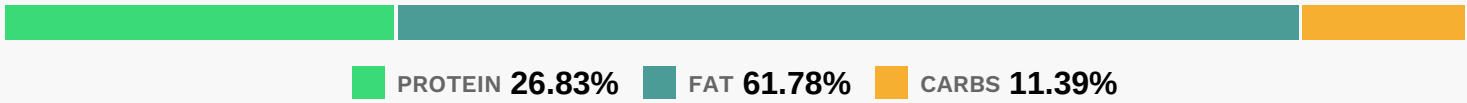
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler
- ☐ grater

Directions

- ☐ Preheat broiler to 500 degrees F. In a 2 to 3 quart saucepan, heat 4 tablespoons oil until smoking.
- ☐ Add the onion and oregano and cook 7 to 9 minutes, until the onion is soft and light golden brown.
- ☐ Add basic tomato sauce and 1/4 cup water, and bring to a boil. Reduce heat, simmer 10 minutes, and set aside just off of the burner to keep warm. Season the veal chops with salt and pepper, saute in remaining 2 tablespoons of olive oil until light golden brown. Turn and cook on other side to desired doneness, about 7 to 9 minutes for medium-rare. Spoon 3 to 4 tablespoons of the warm tomato sauce over each chop, leaving the bone exposed. Grate the mozzarella on the widest part of the cheese grater and sprinkle over the chops.
- ☐ Place the cookie sheet with the chops under the broiler again and cook until cheese is bubbling and golden brown, about 2 to 3 minutes.
- ☐ Remove from the broiler to the platter, tear the basil leaves and sprinkle over the chops, and serve immediately.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.

Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds one week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:69.46, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:52.392608870631%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 18.8mg, Quercetin: 18.8mg, Quercetin: 18.8mg, Quercetin: 18.8mg

Nutrients (% of daily need)

Calories: 1071.9kcal (53.59%), Fat: 74.33g (114.36%), Saturated Fat: 27.65g (172.83%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 23.36g (8.49%), Sugar: 14.61g (16.23%), Cholesterol: 268.12mg (89.37%), Sodium: 1675.95mg (72.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.65g (145.29%), Vitamin B3: 22.52mg (112.61%), Phosphorus: 967.59mg (96.76%), Vitamin B6: 1.87mg (93.65%), Vitamin B12: 5.09µg (84.9%), Calcium: 822.57mg (82.26%), Vitamin B2: 1.15mg (67.66%), Vitamin C: 53.04mg (64.3%), Zinc: 9.48mg (63.17%), Vitamin K: 64.18µg (61.13%), Vitamin A: 2851.39IU (57.03%), Selenium: 39.85µg (56.92%), Vitamin E: 8mg (53.3%), Potassium: 1743mg (49.8%), Iron: 8.27mg (45.94%), Manganese: 0.8mg (39.76%), Vitamin B5: 3.75mg (37.53%), Magnesium: 144.18mg (36.04%), Fiber: 7.46g (29.85%), Copper: 0.59mg (29.73%), Vitamin B1: 0.43mg (28.47%), Folate: 95.25µg (23.81%), Vitamin D: 0.45µg (3.02%)