

food
network



HEALTH SCORE

66%

Veal Chops Stuffed with Fontina, Pancetta, and Porcinis and served with Braised Peas and Carrots



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



1212 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots peeled
- ☐ 1 cup chicken stock see
- ☐ 2 cups chicken stock see
- ☐ 1 pound cremini mushrooms
- ☐ 2 ounces porcini mushrooms soaked in water dried hot chopped for 30 minutes and
- ☐ 8 slices fontina thin

- ☐ 1 cup peas fresh frozen thawed
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 2 sprigs thyme leaves fresh
- ☐ 3 sprigs thyme leaves fresh
- ☐ 2 cloves garlic finely sliced
- ☐ 2 cloves garlic thinly sliced
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 4 slices pancetta thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 shallots thinly sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 40 ounce veal loin chops bone in
- ☐ 1 cup white wine

Equipment

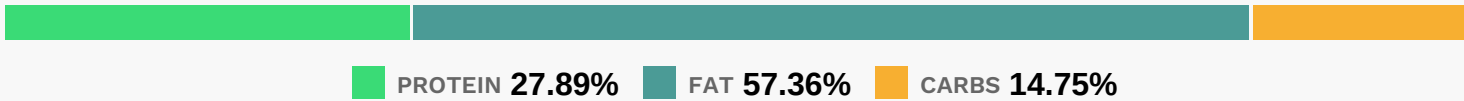
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ stove

Directions

- ☐ Heat the olive oil in a large saute pan until almost smoking. Sear the chops on both sides until golden brown.
- ☐ Place them in the oven and continue cooking for 5 to 7 minutes for medium doneness.
- ☐ Remove the chops to a plate.
- ☐ Remove all but 1 tablespoon of the fat from the pan and place over high heat on the stove.
- ☐ Add the shallot and cook until soft.

- ☐ Add the wine and cook until reduced by half.
- ☐ Add the stock and cook until reduced by half.
- ☐ Add the fresh thyme and season with salt and pepper, to taste.
- ☐ Place the chops on a plate and pour the sauce over.
- ☐ For the peas and carrots: Preheat oven to 375 degrees F.
- ☐ Melt butter in a medium sauce pan over medium-high heat.
- ☐ Add the carrots and garlic and cook until the carrots are slightly softened.
- ☐ Add the stock and thyme, cover the pan and bring to a simmer.
- ☐ Place the carrots in the oven and cook for 15 minutes.
- ☐ Remove the lid and continue cooking for 10 to 15 minutes, add peas during the last 5 minutes of cooking.
- ☐ Slice a slit horizontally in the side of each chop.
- ☐ Place 2 slices of fontina, 1 slice of pancetta and a quarter of the mushrooms in each opening. Season each chop on both sides with salt and pepper.
- ☐ Preheat oven to 400 degrees F.
- ☐ Slice the mushrooms into 1/4-inch thick slices.
- ☐ Heat the oil in a large saute pan until almost smoking.
- ☐ Add the mushrooms, season with salt and pepper and cook until golden brown.
- ☐ Add the garlic and thyme and continue cooking for 2 minutes. Set aside and let cool.

Nutrition Facts



Properties

Glycemic Index:89.54, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:60.779999857363%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg

0.09mg, Apigenin: 0.09mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 1211.97kcal (60.6%), Fat: 74.96g (115.33%), Saturated Fat: 30.33g (189.56%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 35.15g (12.78%), Sugar: 14.51g (16.12%), Cholesterol: 318.61mg (106.2%), Sodium: 1520.98mg (66.13%), Alcohol: 6.18g (100%), Alcohol %: 0.86% (100%), Protein: 82.02g (164.04%), Vitamin A: 20061.44IU (401.23%), Vitamin B3: 35.87mg (179.34%), Vitamin B6: 2.27mg (113.74%), Phosphorus: 1107.27mg (110.73%), Selenium: 76.41µg (109.15%), Vitamin B2: 1.84mg (108.14%), Vitamin B5: 9.24mg (92.36%), Copper: 1.83mg (91.62%), Zinc: 12.2mg (81.35%), Vitamin B12: 4.28µg (71.38%), Potassium: 2386.88mg (68.2%), Vitamin K: 52.73µg (50.22%), Manganese: 0.92mg (45.79%), Calcium: 455.3mg (45.53%), Vitamin B1: 0.65mg (43.19%), Folate: 150.15µg (37.54%), Magnesium: 149.42mg (37.36%), Vitamin C: 28.29mg (34.29%), Fiber: 8.23g (32.94%), Vitamin E: 4.5mg (29.98%), Iron: 5.12mg (28.44%), Vitamin D: 1.16µg (7.75%)