



Veal Chops with Caramelized Onions



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups onion red sliced (2 medium)
- ☐ 0.3 cup water
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup apple juice
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1 teaspoon ground sage
- ☐ 1 teaspoon vegetable oil

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 3 lb lamb rib chops

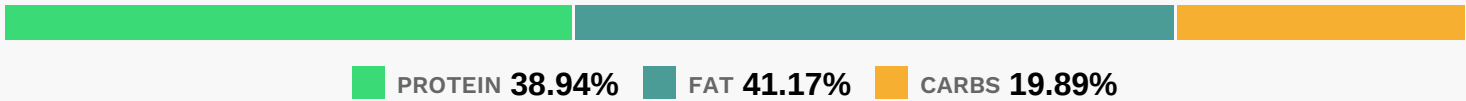
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ In 2-quart saucepan, place onions and water. Cover and cook over medium heat 5 minutes. Stir in remaining ingredients except veal chops; reduce heat to medium-low. Cover and cook about 50 minutes, stirring occasionally, until thickened.
- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Remove fat from veal.
- ☐ Place veal on rack in broiler pan. Broil with tops 5 to 7 inches from heat 4 minutes; turn. Broil 4 to 6 minutes longer for medium doneness. Spoon onion mixture over veal chops.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:5.18, Inflammation Score:-6, Nutrition Score:24.215652399737%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg, Quercetin: 16.5mg

Nutrients (% of daily need)

Calories: 487.42kcal (24.37%), Fat: 21.83g (33.58%), Saturated Fat: 7.65g (47.81%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 22.04g (8.02%), Sugar: 17.85g (19.84%), Cholesterol: 149.69mg (49.9%), Sodium: 365.99mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.45g (92.9%), Vitamin B12: 5.4µg (89.96%), Selenium: 51.16µg (73.08%), Vitamin B3: 13.55mg (67.75%), Zinc: 8.79mg (58.59%), Phosphorus: 443.79mg (44.38%), Vitamin B2: 0.49mg (28.87%), Vitamin B6: 0.49mg (24.38%), Iron: 4.23mg (23.51%), Potassium: 803.29mg (22.95%), Vitamin B1: 0.31mg (20.94%), Magnesium: 69.58mg (17.4%), Vitamin B5: 1.6mg (16.04%), Copper: 0.32mg (15.81%), Folate: 63.2µg (15.8%), Manganese: 0.22mg (10.8%), Vitamin C: 6.4mg (7.76%), Fiber: 1.68g (6.73%), Calcium: 60mg (6%), Vitamin E: 0.53mg (3.55%), Vitamin K: 2.37µg (2.25%)