



Veal Chops with Creole Mustard Crust

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs made from bread fresh french crustless
- ☐ 0.3 cup dijon mustard
- ☐ 1 large garlic clove minced
- ☐ 2 green onions divided chopped
- ☐ 2 servings ground allspice
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 16 ounce veal rib chops (each)

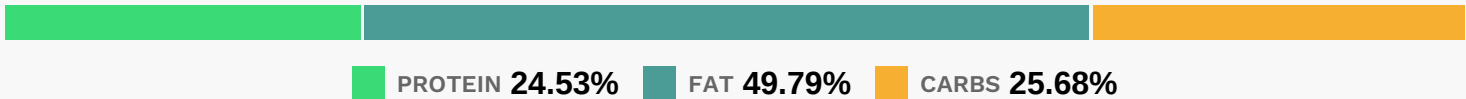
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Position rack in bottom third of oven and preheat to 450°F.
- ☐ Mix together mustard, mayonnaise, and 1/2 of green onions in small bowl.
- ☐ Sprinkle chops on both sides with salt, pepper, and allspice.
- ☐ Heat oil in heavy medium skillet over medium-high heat.
- ☐ Add veal; sauté until brown, about 2 minutes per side.
- ☐ Transfer veal to small rimmed baking sheet.
- ☐ Add garlic to drippings in skillet; stir 15 seconds.
- ☐ Add breadcrumbs; sauté until golden and crisp, about 1 minute.
- ☐ Spread half of mustard mixture thickly atop each chop. Spoon crumbs atop mustard mixture.
- ☐ Bake until thermometer inserted horizontally into chops registers 135°F for medium-rare, about 7 minutes.
- ☐ Transfer to plates.
- ☐ Sprinkle with remaining green onions.

Nutrition Facts



Properties

Glycemic Index:108.83, Glycemic Load:30.73, Inflammation Score:-7, Nutrition Score:40.876087289789%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 940.45kcal (47.02%), Fat: 51.73g (79.58%), Saturated Fat: 13.3g (83.15%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 53.39g (19.41%), Sugar: 7.59g (8.44%), Cholesterol: 185.05mg (61.68%), Sodium: 1186.81mg (51.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.33g (114.66%), Vitamin B3: 26.12mg (130.61%), Selenium: 64.56µg (92.23%), Manganese: 1.68mg (83.79%), Vitamin K: 74.85µg (71.29%), Vitamin B6: 1.38mg (69.2%), Phosphorus: 648.34mg (64.83%), Vitamin B2: 0.88mg (51.62%), Vitamin B1: 0.72mg (47.72%), Zinc: 6.79mg (45.24%), Vitamin B12: 2.53µg (42.24%), Vitamin B5: 4.05mg (40.54%), Iron: 6.79mg (37.73%), Folate: 141µg (35.25%), Magnesium: 119.87mg (29.97%), Potassium: 955.46mg (27.3%), Fiber: 6.63g (26.52%), Vitamin E: 3.47mg (23.11%), Calcium: 222.99mg (22.3%), Copper: 0.43mg (21.7%), Vitamin C: 3.48mg (4.21%), Vitamin A: 158.74IU (3.17%)