



Veal Chops with Roasted Shallots, Arugula, and Soft Polenta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 4 cups arugula
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup brine-packed olives drained
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup thyme sprigs fresh
- ☐ 12 ounce grape tomatoes
- ☐ 1 tablespoon pepper black

- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 cup olive oil divided
- ☐ 4 servings polenta soft
- ☐ 18 small shallots peeled halved
- ☐ 7 inch veal loin chops (each 12 ounces)

Equipment

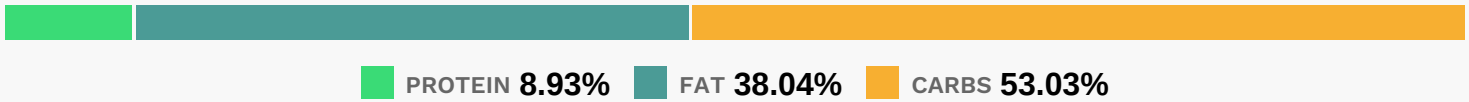
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ glass baking pan

Directions

- ☐ Whisk 3/4 cup oil and lemon juice in small bowl to blend.
- ☐ Mix thyme, salt, and pepper in another small bowl. Rub thyme mixture all over veal chops; place in glass baking dish.
- ☐ Pour oil-lemon marinade over; let stand 15 minutes.
- ☐ Preheat oven to 450°F.
- ☐ Combine shallots, vinegar, and remaining 1/4 cup oil in medium roasting pan; toss to coat.
- ☐ Sprinkle with salt and pepper. Roast until shallots are browned and tender, about 15 minutes.
- ☐ Add tomatoes to shallots and roast until tomatoes are soft and browned, stirring occasionally, about 15 minutes longer.
- ☐ Remove pan from oven.
- ☐ Add capers and 1 tablespoon reserved brine and stir to blend.
- ☐ Meanwhile, heat large ovenproof skillet over high heat.
- ☐ Drain veal chops and transfer marinade to heavy small saucepan.

- ☐ Add veal to skillet and cook until browned, about 3 minutes per side.
- ☐ Transfer skillet to oven and roast veal to desired doneness, about 10 minutes for medium.
- ☐ Bring reserved oil-lemon marinade to boil; boil 2 minutes.
- ☐ Place 1 veal chop on each of 4 plates. Divide shallot-tomato mixture among plates. Spoon Soft Polenta alongside.
- ☐ Drizzle with oil-lemon marinade.
- ☐ Garnish with arugula and serve.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:7.27, Inflammation Score:-10, Nutrition Score:15.765652213408%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.05mg, Kaempferol: 7.05mg, Kaempferol: 7.05mg, Kaempferol: 7.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 268.47kcal (13.42%), Fat: 11.91g (18.32%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 31.4g (11.42%), Sugar: 14.73g (16.36%), Cholesterol: 3.51mg (1.17%), Sodium: 2347.39mg (102.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.59%), Vitamin C: 39.96mg (48.43%), Manganese: 0.77mg (38.51%), Vitamin K: 38.65µg (36.81%), Vitamin A: 1352.61IU (27.05%), Vitamin B6: 0.54mg (26.86%), Fiber: 5.97g (23.86%), Potassium: 765.12mg (21.86%), Folate: 79.11µg (19.78%), Iron: 2.86mg (15.86%), Vitamin E: 2.22mg (14.79%), Magnesium: 56.96mg (14.24%), Phosphorus: 125.28mg (12.53%), Copper: 0.22mg (11.1%), Calcium: 108.4mg (10.84%), Vitamin B1: 0.13mg (8.94%), Vitamin B3: 1.38mg (6.92%), Vitamin B5: 0.67mg (6.68%), Zinc: 0.93mg (6.23%), Vitamin B2: 0.09mg (5.36%), Selenium: 3.6µg (5.14%)