



Veal Chops with Roquefort Butter

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings kosher salt
- ☐ 2 ounces roquefort cheese good
- ☐ 1 tablespoon scallions chopped
- ☐ 4 tablespoons butter unsalted at room temperature ()
- ☐ 8 veal loin chops 1-inch-thick ()

Equipment

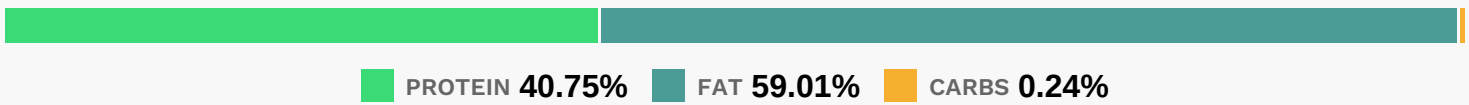
- ☐ bowl

- ☐ baking paper
- ☐ hand mixer
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the butter and Roquefort cheese in the bowl of an electric mixer fitted with the paddle attachment and mix on medium speed until smooth.
- ☐ Add the scallions and mix until combined.
- ☐ Cut a strip of parchment paper 4 1/2 inches wide and place the mixture on the short end of the paper.
- ☐ Roll into a log about 1 inch in diameter, rolling the parchment paper around the butter mixture. Chill.
- ☐ Sprinkle both sides of the veal chops generously with salt and pepper. Allow to sit at room temperature for 15 to 30 minutes. Meanwhile, prepare a charcoal grill with hot coals. When the coals are hot, grill the chops for 6 to 8 minutes on each side, until almost cooked through.
- ☐ Remove to a platter and cover with aluminum foil. Allow to rest for 15 minutes.
- ☐ Serve with 1 or 2 slices of cold Roquefort butter on each chop.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:21.231739108329%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 445.21kcal (22.26%), Fat: 28.51g (43.86%), Saturated Fat: 13.73g (85.82%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.02g (0.02%), Cholesterol: 199.97mg (66.66%), Sodium: 515.01mg

(22.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.3g (88.6%), Vitamin B3: 19.22mg (96.12%), Vitamin B6: 1.21mg (60.38%), Phosphorus: 479.64mg (47.96%), Vitamin B12: 2.57µg (42.76%), Zinc: 5.4mg (36.01%), Vitamin B2: 0.59mg (34.53%), Vitamin B5: 3.07mg (30.7%), Selenium: 20.32µg (29.03%), Potassium: 698.61mg (19.96%), Vitamin K: 14.64µg (13.94%), Magnesium: 54.57mg (13.64%), Copper: 0.22mg (10.9%), Vitamin B1: 0.16mg (10.79%), Iron: 1.71mg (9.52%), Calcium: 85.86mg (8.59%), Folate: 33.56µg (8.39%), Vitamin A: 257.16IU (5.14%), Vitamin E: 0.76mg (5.03%), Manganese: 0.08mg (3.89%)