



Veal Chops with Rosemary Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons wine dry white
- ☐ 2.5 teaspoons rosemary leaves fresh divided minced
- ☐ 1 teaspoon thyme sprigs fresh divided chopped
- ☐ 1 garlic clove
- ☐ 3 tablespoons chicken broth
- ☐ 4 tablespoons olive oil divided
- ☐ 4 inch rosemary leaves fresh
- ☐ 1 pinch salt

- ☐ 0.3 cup butter unsalted room temperature ()
- ☐ 48 ounce veal loin chops

Equipment

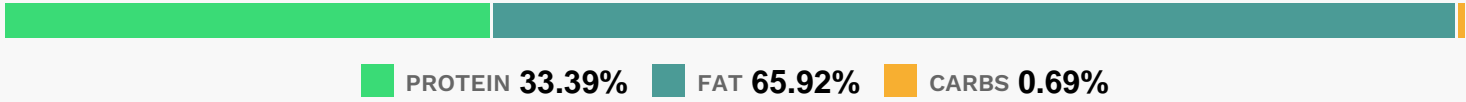
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Whisk butter, 1 teaspoon rosemary, 1/4 teaspoon thyme, and pinch of salt in small bowl to blend. Wrap rosemary butter in plastic wrap, forming 1 1/2-inch-diameter log. Chill at least 2 hours. (Can be made 1 week ahead. Keep refrigerated.)
- ☐ Arrange chops in single layer in large baking dish.
- ☐ Drizzle with 2 tablespoons olive oil.
- ☐ Sprinkle with remaining 1 1/2 teaspoons rosemary and 3/4 teaspoon thyme.
- ☐ Sprinkle with salt and pepper. Rub oil and seasonings into chops. (Can be prepared 1 day ahead. Cover with plastic wrap and chill.
- ☐ Let stand at room temperature 1 hour before continuing.)
- ☐ Heat 2 tablespoons olive oil in heavy large skillet over medium-high heat.
- ☐ Add rosemary sprig and garlic. Sauté until garlic is fragrant but not brown, about 2 minutes. Discard rosemary sprig and garlic. Increase heat to high.
- ☐ Add chops; cook until chops are browned and meat thermometer inserted horizontally into center reads 130°F, about 2 minutes per side.
- ☐ Transfer chops to plate.
- ☐ Pour off drippings from pan. Reduce heat to medium-high.
- ☐ Add wine to skillet and cook until reduced to about 2 teaspoons, scraping up browned bits, about 30 seconds.

- ☐ Add chicken broth; cook until reduced to about 2 tablespoons, about 30 seconds.
- ☐ Drizzle over chops.
- ☐ Cut rosemary butter into 4 slices.
- ☐ Place 1 slice atop each chop and serve.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:30.551739003347%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 796.06kcal (39.8%), Fat: 56.83g (87.44%), Saturated Fat: 22.52g (140.73%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.14g (0.15%), Cholesterol: 299.26mg (99.75%), Sodium: 305.48mg (13.28%), Alcohol: 1.16g (100%), Alcohol %: 0.37% (100%), Protein: 64.78g (129.56%), Vitamin B3: 29.06mg (145.29%), Vitamin B6: 1.83mg (91.5%), Phosphorus: 689.19mg (68.92%), Vitamin B12: 3.81µg (63.53%), Zinc: 7.97mg (53.15%), Vitamin B2: 0.83mg (49.03%), Vitamin B5: 4.47mg (44.71%), Selenium: 29.18µg (41.68%), Potassium: 1078.84mg (30.82%), Vitamin K: 28.19µg (26.85%), Vitamin E: 3.23mg (21.54%), Magnesium: 83.12mg (20.78%), Copper: 0.34mg (17.05%), Vitamin B1: 0.24mg (16.14%), Iron: 2.89mg (16.07%), Folate: 47.85µg (11.96%), Vitamin A: 454.47IU (9.09%), Manganese: 0.15mg (7.59%), Calcium: 71.08mg (7.11%), Vitamin C: 1.6mg (1.94%), Fiber: 0.45g (1.81%), Vitamin D: 0.21µg (1.42%)