



Veal Chops with Saffron Orzo and Tomato Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup wine dry white
- 1 teaspoon rosemary leaves fresh finely chopped
- 1 garlic clove finely chopped
- 20 ounces grape tomatoes
- 3 tablespoons olive oil
- 10 ounces orzo pasta
- 0.8 ounce parmesan finely grated

- 0.3 teaspoon saffron threads crumbled
- 0.8 teaspoon salt
- 2 tablespoons butter unsalted
- 2 inch veal loin chops (rib or loin; 7 ounces each)

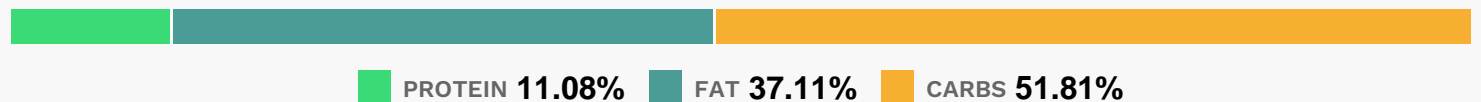
Equipment

- frying pan
- sauce pan
- sieve

Directions

- Pat chops dry and sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté chops, turning over once, until golden and just cooked through, 6 to 7 minutes total.
- Transfer to a plate.
- Add garlic to skillet and cook over moderate heat, stirring, 30 seconds. Stir in wine, tomatoes, rosemary, and remaining 1/4 teaspoon each of salt and pepper and simmer, gently pressing on tomatoes until they collapse, about 10 minutes.
- Meanwhile, cook orzo with saffron in a 3-quart saucepan of boiling salted water until al dente.
- Drain well in a sieve and return to saucepan, then stir in butter and cheese.
- Reheat chops in sauce and serve with orzo.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:22.99, Inflammation Score:-8, Nutrition Score:15.764782506487%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 480.77kcal (24.04%), Fat: 19.03g (29.28%), Saturated Fat: 6.21g (38.8%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 55.76g (20.28%), Sugar: 5.96g (6.63%), Cholesterol: 19.67mg (6.56%), Sodium: 536.28mg (23.32%), Alcohol: 3.09g (100%), Alcohol %: 1.46% (100%), Protein: 12.79g (25.57%), Selenium: 46.32µg (66.17%), Manganese: 0.9mg (44.79%), Vitamin A: 1399.4IU (27.99%), Vitamin C: 19.66mg (23.84%), Phosphorus: 216.04mg (21.6%), Vitamin K: 18.78µg (17.89%), Vitamin E: 2.54mg (16.91%), Fiber: 4.05g (16.21%), Potassium: 532.52mg (15.21%), Copper: 0.3mg (14.98%), Magnesium: 59.59mg (14.9%), Vitamin B6: 0.25mg (12.55%), Vitamin B3: 2.21mg (11.06%), Calcium: 99.5mg (9.95%), Zinc: 1.47mg (9.81%), Folate: 35.16µg (8.79%), Iron: 1.54mg (8.56%), Vitamin B1: 0.12mg (8.19%), Vitamin B2: 0.1mg (5.79%), Vitamin B5: 0.5mg (5.02%), Vitamin B12: 0.09µg (1.5%)