



Veal Cutlets with Arugula and Tomato Salad

READY IN



45 min.

SERVINGS



4

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups arugula
- ☐ 1 teaspoon pepper black
- ☐ 3 cups bread crumbs fresh white firm fine (from 6 slices sandwich bread)
- ☐ 2 large eggs
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 1 cup parmigiano-reggiano finely grated
- ☐ 0.5 cup onion red halved lengthwise thinly sliced

- ☐ 1 teaspoon salt
- ☐ 2 medium tomatoes cut into 1/2-inch-thick wedges ()
- ☐ 4 veal cutlets
- ☐ 6 tablespoons vegetable oil

Equipment

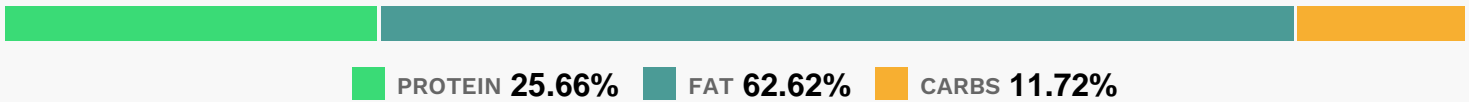
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ wax paper
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Spread bread crumbs in a shallow baking pan and toast 8 to 10 minutes. Reduce oven temperature to 200°F.
- ☐ Whisk together oil, juice, pepper, and 1/2 teaspoon salt in a large bowl until combined, then stir in tomatoes and onion.
- ☐ Gently pound cutlets to 1/8-inch thickness between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin.
- ☐ Sprinkle veal all over with remaining 1/2 teaspoon salt and season with pepper.
- ☐ Stir together bread crumbs and cheese in a large shallow bowl. Lightly beat eggs in another large shallow bowl. Dip veal, 1 piece at a time, in egg, letting excess drip off, then dredge in bread crumbs, coating completely, and arrange in 1 layer on a sheet of wax paper.

- ☐
- Heat 3 tablespoons vegetable oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then fry 2 cutlets, turning over once, until golden brown and just cooked through, about 6 minutes total.
- ☐
- Transfer to paper towels to drain briefly, then transfer to baking pan and keep warm in oven.
- ☐
- Add remaining 3 tablespoons oil to skillet and fry remaining cutlets.
- ☐
- Add arugula and basil to tomato mixture and toss, then season with salt and pepper. 3
- ☐
- Serve veal topped with salad.

Nutrition Facts



Properties

Glycemic Index:75.19, Glycemic Load:13.36, Inflammation Score:-9, Nutrition Score:36.650435033052%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg, Isorhamnetin: 2.08mg Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 820.18kcal (41.01%), Fat: 57.07g (87.8%), Saturated Fat: 13.24g (82.74%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 21.51g (7.82%), Sugar: 5.38g (5.97%), Cholesterol: 242.6mg (80.87%), Sodium: 1296.95mg (56.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.62g (105.25%), Vitamin K: 115.26µg (109.77%), Vitamin B3: 18.24mg (91.21%), Phosphorus: 673.75mg (67.37%), Selenium: 36.66µg (52.37%), Vitamin B6: 0.99mg (49.28%), Vitamin B2: 0.78mg (46.06%), Calcium: 454.54mg (45.45%), Vitamin E: 6.11mg (40.72%), Vitamin B12: 2.29µg (38.18%), Zinc: 5.53mg (36.9%), Vitamin A: 1756.44IU (35.13%), Folate: 118.45µg (29.61%), Potassium: 1024.35mg (29.27%), Manganese: 0.57mg (28.64%), Vitamin B5: 2.72mg (27.19%), Vitamin B1: 0.38mg (25.01%), Magnesium: 93.21mg (23.3%), Vitamin C: 19.09mg (23.14%), Iron: 4.07mg (22.59%), Copper: 0.35mg (17.33%), Fiber: 2.51g (10.04%), Vitamin D: 0.63µg (4.17%)