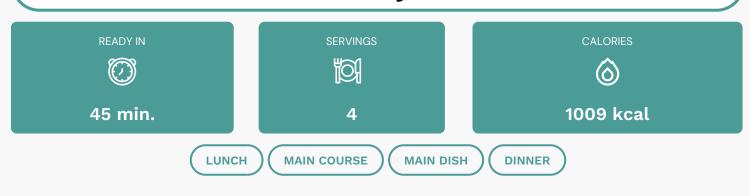


# **Veal Cutlets with Thyme Butter Sauce**



## **Ingredients**

0.5 cup flour
18 tablespoons butter chilled divided cut into tablespoon-size pieces, ()
1 cup wine dry white
2 large eggs
2 teaspoons chives fresh chopped
O.3 cup thyme sprigs fresh
O.3 cup juice of lemon fresh
1 cup chicken broth
2 cups panko bread crumbs (Japanese breadcrumbs)

	0.3 cup shallots chopped	
	24 ounces ground veal	
	2 tablespoons whipping cream	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	whisk	
Di	rections	
	Sprinkle veal with salt and pepper.	
	Place panko in large shallow bowl.	
	Place flour in medium bowl. Beat eggs just to blend in another medium bowl. Working in batches, coat veal cutlets in flour, then egg, then panko, pressing gently to adhere.	
	Place on rimmed baking sheet. (Can be prepared 2 hours ahead. Cover and chill.)	
	Place wine, broth, lemon juice, thyme, and shallots in heavy large skillet. Cook over medium heat until liquid is reduced almost to glaze, about 10 minutes.	
	Add 10 tablespoons butter, 2 tablespoons at a time, whisking constantly and blending well between additions.	
	Whisk in cream.	
	Remove from heat. Cover to keep sauce warm.	
	Preheat oven to 200°F. Melt 2 tablespoons butter in heavy large skillet over medium-high heat. Working in batches and adding more butter by tablespoonfuls as needed, cook veal until brown and cooked through, about 2 minutes per side.	
	Transfer to another rimmed baking sheet and place in oven to keep warm.	
	Gently rewarm sauce over medium-low heat, stirring constantly. Divide veal among 4 plates.	
	Drizzle sauce over veal, sprinkle with chives, and serve.	
	*Available at many supermarkets and at Asian markets.	

### **Nutrition Facts**

PROTEIN 18.29% FAT 64.99% CARBS 16.72%

#### **Properties**

Glycemic Index:65, Glycemic Load:9.62, Inflammation Score:-10, Nutrition Score:30.094782248787%

#### **Flavonoids**

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.07mg, Apigenin: 0.07mg, Api

#### Nutrients (% of daily need)

Calories: 1008.91kcal (50.45%), Fat: 69.89g (107.53%), Saturated Fat: 40.15g (250.93%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 37.76g (13.73%), Sugar: 4.46g (4.96%), Cholesterol: 376.4mg (125.47%), Sodium: 824.9mg (35.87%), Alcohol: 6.18g (100%), Alcohol %: 1.69% (100%), Protein: 44.25g (88.5%), Vitamin B3: 16.69mg (83.46%), Phosphorus: 522.51mg (52.25%), Selenium: 35.42µg (50.6%), Vitamin B2: 0.85mg (50.17%), Vitamin B12: 2.78µg (46.42%), Vitamin B6: 0.89mg (44.6%), Zinc: 6.4mg (42.65%), Vitamin A: 1976.51lU (39.53%), Vitamin B1: 0.58mg (38.72%), Vitamin B5: 3.04mg (30.37%), Manganese: 0.6mg (30.12%), Iron: 5.02mg (27.88%), Folate: 107.21µg (26.8%), Potassium: 845.11mg (24.15%), Magnesium: 77.27mg (19.32%), Copper: 0.37mg (18.38%), Vitamin E: 2.3mg (15.32%), Vitamin C: 11.92mg (14.45%), Calcium: 142.82mg (14.28%), Fiber: 2.7g (10.79%), Vitamin K: 8.18µg (7.79%), Vitamin D: 0.62µg (4.13%)