



Veal Cutlets with Thyme Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



1009 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 18 tablespoons butter chilled divided cut into tablespoon-size pieces, ()
- ☐ 1 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 2 teaspoons chives fresh chopped
- ☐ 0.3 cup thyme leaves fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup low-salt chicken broth
- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)

- ☐ 0.3 cup shallots chopped
- ☐ 24 ounces veal scallops
- ☐ 2 tablespoons whipping cream

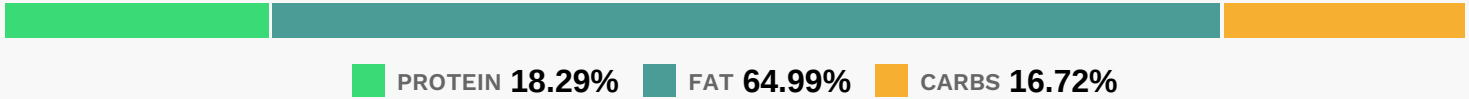
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ 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



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 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, Hesperetin: 2.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

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: 1976.51IU (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%)