



Veal Forestiere

READY IN



30 min.

SERVINGS



6

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce artichoke hearts drained sliced canned
- 3 tablespoons butter
- 0.5 pound crimini mushrooms sliced
- 0.3 cup flour all-purpose for coating
- 1 tablespoon garlic minced
- 6 servings salt and pepper to taste
- 1 tablespoon shallots minced
- 1.5 pounds veal cutlets thin
- 0.5 cup veal stock

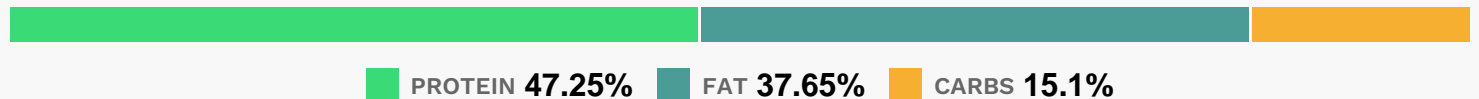
Equipment

- frying pan

Directions

- Lightly flour veal cutlets, and shake off the excess. Melt butter in a large skillet over medium-high heat.
- Place cutlets in pan, and cook 1 to 2 minutes per side, until browned and nearly cooked through.
- Remove veal from pan, and set aside.
- Saute garlic and shallots in skillet until shallots are tender. Stir in mushrooms, and continue to cook until mushrooms begin to sweat.
- Pour in the wine; cook 2 to 3 minutes more, stirring with a spoon to scrape the bottom of the pan.
- Pour in stock, and simmer 5 to 10 minutes, or until liquid begins to reduce.
- Return veal to pan with artichokes, and cook until heated through. Season with salt and pepper. To serve, arrange the veal on plates, and spoon the sauce over.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:3.07, Inflammation Score:-3, Nutrition Score:15.078260864901%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 226.83kcal (11.34%), Fat: 9.28g (14.28%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.21g (2.62%), Sugar: 1.28g (1.43%), Cholesterol: 103.5mg (34.5%), Sodium: 527.1mg (22.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.22g (52.44%), Vitamin B3: 12.62mg (63.08%), Selenium: 22.32µg (31.88%), Vitamin B2: 0.54mg (31.74%), Phosphorus: 311.38mg (31.14%), Vitamin B6: 0.6mg (29.95%), Zinc: 3.12mg (20.82%), Vitamin B12: 1.23µg (20.48%), Potassium: 640.72mg (18.31%), Vitamin B5: 1.82mg (18.24%),

Copper: 0.33mg (16.73%), Vitamin B1: 0.18mg (11.88%), Magnesium: 36.26mg (9.06%), Folate: 36.07µg (9.02%), Iron: 1.39mg (7.71%), Manganese: 0.15mg (7.49%), Vitamin K: 4.98µg (4.75%), Fiber: 1.18g (4.71%), Vitamin A: 175.12IU (3.5%), Vitamin E: 0.51mg (3.42%), Calcium: 19.68mg (1.97%)