



WHATSheATE



Veal Goulash with Sauerkraut



Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons rendered beef fat unsalted
- ☐ 2 pounds veal cut into 1 1/2-inch cubes
- ☐ 1.5 cups onions sliced
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon salt plus more to taste
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup tomatoes fresh canned ripe crushed chopped
- ☐ 1 cup full-fat cream sour

- ☐ 2 teaspoons paprika
- ☐ 56 ounce sauerkraut refrigerated (we recommend Bubbies, in the section of the grocery store)
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 teaspoons in a mortar with pestle crushed chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

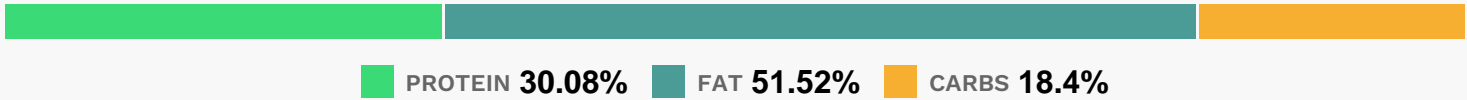
Directions

- ☐ Lightly brown the veal:
- ☐ Heat butter or beef fat in a large sauté pan on medium high heat. Pat dry the cubed veal.
- ☐ Sprinkle with salt and add to pan. Working in batches, sauté the meat until the meat is just beginning to brown.
- ☐ Add onions, then garlic:
- ☐ Add the onions to the pan with the veal, cook for another 5 minutes.
- ☐ Add the garlic and cook for another minute.
- ☐ Add a teaspoon of salt, a half teaspoon of black pepper, and the tomatoes.
- ☐ Add enough water to just barely cover the meat, about 2 cups or so, depending on the size and shape of your pan.
- ☐ Simmer about 30 minutes: Increase the heat to bring the mixture to a simmer, then lower the heat to maintain a low simmer, uncovered. Cook until the meat is almost cooked through, about 30 minutes.
- ☐ Remove veal, reduce the sauce: Use a slotted spoon to remove the veal from the pan to a bowl to temporarily set aside. Increase the heat to high and let the liquid boil until it is reduced by half. Lower the heat to medium.
- ☐ Add the meat back to the pan.

- ☐
- Add the sour cream, paprika, and crushed caraway seeds, and simmer uncovered for another 20 minutes.

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Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:23.645652115345%

Flavonoids

Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 334.28kcal (16.71%), Fat: 19.48g (29.97%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 8.36g (3.04%), Sugar: 7.19g (7.99%), Cholesterol: 125mg (41.67%), Sodium: 1747.57mg (75.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.17%), Vitamin K: 53.66µg (51.1%), Vitamin B3: 9.31mg (46.57%), Vitamin C: 36.65mg (44.43%), Vitamin B6: 0.84mg (41.76%), Phosphorus: 317.85mg (31.78%), Fiber: 7.29g (29.17%), Zinc: 4.15mg (27.68%), Vitamin B12: 1.59µg (26.53%), Iron: 4.64mg (25.76%), Vitamin B2: 0.43mg (25.56%), Potassium: 894.3mg (25.55%), Manganese: 0.47mg (23.44%), Copper: 0.4mg (20.04%), Vitamin B5: 1.92mg (19.18%), Folate: 76.54µg (19.14%), Selenium: 11.99µg (17.14%), Magnesium: 68.32mg (17.08%), Vitamin A: 830.56IU (16.61%), Calcium: 132.52mg (13.25%), Vitamin B1: 0.18mg (12.05%), Vitamin E: 1.4mg (9.33%)