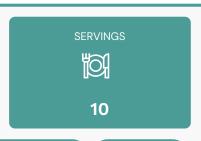


Veal Involtini







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1 teaspoon pepper black
4 cups sandwich bread fresh white firm fine (from 10 slices sandwich bread)
0.5 cup parsley fresh chopped
5 garlic clove minced
1.3 cups olive oil
1.3 cups pecorino cheese finely grated
2 lb yeal cutlets (no more than 1/)

1 large onion white separated cut into 8 wedges and layers

Ec	Equipment	
	bowl	
	baking sheet	
	oven	
	plastic wrap	
	baking pan	
	grill	
	broiler	
	wax paper	
	skewers	
	rolling pin	
	meat tenderizer	
	broiler pan	
Directions		
	Put oven rack in middle position and preheat oven to 350°F.	
	Spread bread crumbs in a shallow baking pan and toast, stirring once or twice, until golden, 8 to 10 minutes.	
	Gently pound veal cutlets to slightly less than 1/8 inch thick between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin, then cut into roughly 4- by 3-inch pieces.	
	Stir together parsley, garlic, 3/4 cup cheese, 1/4 cup oil, and 1/2 teaspoon pepper until a paste forms.	
	Stir together bread crumbs, remaining 1/2 cup cheese, and remaining 1/2 teaspoon pepper.	
	Season cutlets lightly with salt and pepper and spread 1 side of each piece with 1 teaspoon parsley-garlic paste.	
	Line a baking sheet with wax paper.	
	Roll up veal pieces (paste sides up), starting from a short side. Put remaining cup oil in a bowl and dip each roll in it, letting excess drip off, then dredge in bread-crumb mixture, pressing	

	gently to help crumbs adhere.	
	Transfer to baking sheet.	
	Thread 1 veal roll onto a skewer, then 1 piece of onion, leaving about 1/4 inch between. Repeat on same skewer 2 more times, then transfer skewer to baking sheet. Assemble 6 more skewers in same manner (last skewer will have only 2 rolls).	
	Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is hot when you can hold your hand 5 inches above rack for 1 to 2 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes, then reduce heat to moderately high.	
	Grill veal on a lightly oiled grill rack, covered only if using gas grill, turning over once, until rolls are golden, about 6 minutes total.	
	Remove veal and onion from skewers and serve immediately.	
	•Veal and onion can be threaded onto skewers 1 day ahead and chilled, loosely covered.•If you're unable to grill outdoors, you can broil veal and onion skewers. Preheat broiler and lightly oil rack of a broiler pan. Broil skewers in 2 batches 4 to 6 inches from heat, turning over once, until golden, about 6 minutes per batch.	
Nutrition Facts		

Properties

Glycemic Index:22.28, Glycemic Load:6.94, Inflammation Score:-5, Nutrition Score:15.639565132234%

PROTEIN 39.07% FAT 42.98% CARBS 17.95%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 260.67kcal (13.03%), Fat: 12.26g (18.86%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 10.67g (3.88%), Sugar: 1.73g (1.92%), Cholesterol: 83.76mg (27.92%), Sodium: 295.7mg (12.86%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.08g (50.15%), Vitamin K: 56.71µg (54.01%), Vitamin B3: 9.48mg (47.41%), Phosphorus: 323.62mg (32.36%), Vitamin B6: 0.48mg (24.22%), Selenium: 14.45µg (20.65%), Vitamin B2: 0.34mg (20.2%), Calcium: 186.76mg (18.68%), Vitamin B12: 1.08µg (18.06%), Zinc: 2.64mg (17.63%),

Vitamin B1: 0.18mg (12.08%), Potassium: 411.99mg (11.77%), Vitamin B5: 1.16mg (11.62%), Manganese: 0.21mg (10.51%), Folate: 41.04µg (10.26%), Iron: 1.71mg (9.5%), Magnesium: 37.29mg (9.32%), Vitamin E: 1.15mg (7.65%), Copper: 0.14mg (7.08%), Vitamin C: 5.57mg (6.75%), Vitamin A: 306.3IU (6.13%), Fiber: 0.85g (3.4%)