

Veal Involtini

READY IN



1500 min.

SERVINGS



10

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 4 cups bread crumbs fresh white firm fine (from 10 slices sandwich bread)
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 5 garlic cloves minced
- ☐ 1.3 cups olive oil
- ☐ 1.3 cups pecorino cheese finely grated
- ☐ 2 lb veal cutlets (no more than 1/)
- ☐ 1 large onion white separated cut into 8 wedges and layers

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ wax paper
- ☐ skewers
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

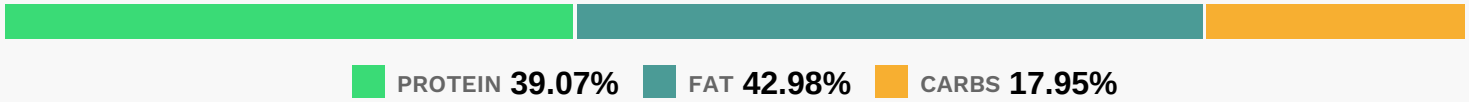
Directions

- ☐ 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%

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 Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 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 %: 0% (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%)