



## Veal Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.7 cup beef consomme
- 1 tablespoon butter
- 0.3 cup flour all-purpose divided
- 1 tablespoon parsley fresh chopped
- 0.5 cup marsala wine dry
- 1 cup pre mushrooms
- 0.3 teaspoon salt
- 1 pound veal scaloppine

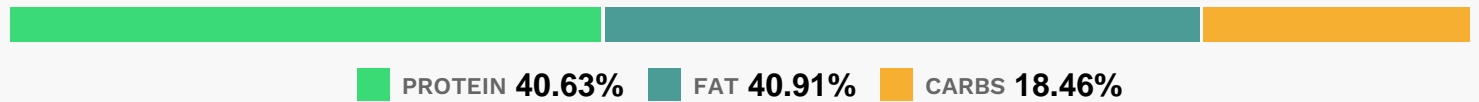
## Equipment

- frying pan
- whisk

## Directions

- Dredge veal in 3 tablespoons flour.
- Combine 1 tablespoon flour and consomm, stirring with a whisk; set aside.
- Melt butter in a large nonstick skillet over medium-high heat.
- Add veal, cook 1 1/2 minutes. Turn veal over; cook 1 minute.
- Remove veal from pan.
- Add wine to pan, scraping pan to loosen browned bits.
- Add consomm mixture, mushrooms, and salt; bring to a boil. Reduce heat; simmer 3 minutes or until thick. Return veal to pan; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:4.5, Inflammation Score:-4, Nutrition Score:13.923043533512%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 273.27kcal (13.66%), Fat: 10.77g (16.57%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.45g (3.8%), Sugar: 2.84g (3.16%), Cholesterol: 100.51mg (33.5%), Sodium: 414.25mg (18.01%),

Alcohol: 4.59g (100%), Alcohol %: 2.64% (100%), Protein: 24.07g (48.13%), Vitamin B3: 10.22mg (51.11%), Vitamin B2: 0.46mg (26.9%), Phosphorus: 268.6mg (26.86%), Vitamin B12: 1.56µg (26.05%), Vitamin B6: 0.5mg (24.92%), Zinc: 3.68mg (24.56%), Selenium: 14.53µg (20.76%), Vitamin B5: 1.9mg (19.04%), Vitamin K: 16.67µg (15.87%), Potassium: 497.49mg (14.21%), Vitamin B1: 0.18mg (11.91%), Copper: 0.23mg (11.31%), Iron: 1.63mg (9.04%), Folate: 35.54µg (8.89%), Magnesium: 35.17mg (8.79%), Manganese: 0.14mg (6.9%), Vitamin A: 171.71IU (3.43%), Vitamin E: 0.39mg (2.6%), Calcium: 26.01mg (2.6%), Vitamin C: 1.83mg (2.22%), Fiber: 0.48g (1.94%)