



## Veal Marsala

READY IN



30 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter plus
- 0.3 cup flour all-purpose
- 1 tablespoon garlic minced
- 0.3 cup marsala wine
- 1 cup mushrooms sliced quartered
- 1 tablespoon blended salt and pepper plus more for seasoning
- 1 tablespoon blended thyme and parsley fresh minced
- 16 ounce veal shoulder thin
- 1 cup veal stock

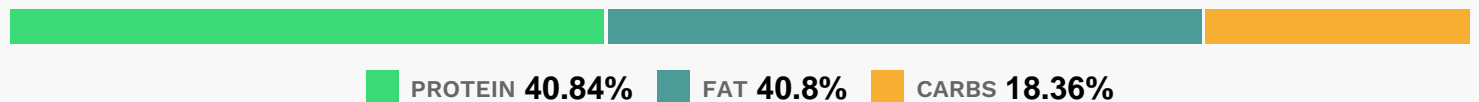
## Equipment

- bowl
- frying pan
- whisk
- stove

## Directions

- In a bowl, season the flour with the salt and pepper blend. Then lightly dust all the veal with the seasoned flour.
- Next, in a heavy-bottomed saute pan over high heat, warm the 2 tablespoons butter until melted. Then add the dredged veal to the butter. Reduce the heat to medium and allow to cook 2 minutes. Then flip and repeat the process. After cooking, remove the veal and place on a plate or tray. Then deglaze the pan with the marsala.
- Add the mushrooms, garlic and herbs and stir. Finally, add the stock and allow to blend and reduce for 3 minutes. Taste, then season with salt and pepper. Finally, remove the sauce from the stove.
- Whisk in the remaining butter and pour over the cooked veal and serve.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:4.75, Inflammation Score:-9, Nutrition Score:14.429130509496%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 275.31kcal (13.77%), Fat: 11.3g (17.39%), Saturated Fat: 5.32g (33.24%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 10.71g (3.89%), Sugar: 2.4g (2.66%), Cholesterol: 100.49mg (33.5%), Sodium: 1963.68mg (85.38%), Alcohol: 3.06g (100%), Alcohol %: 1.61% (100%), Protein: 25.46g (50.93%), Vitamin B3: 10.44mg (52.22%), Vitamin B2: 0.51mg (29.99%), Phosphorus: 284.59mg (28.46%), Vitamin B6: 0.56mg (27.86%), Zinc: 3.82mg (25.5%), Vitamin B12: 1.53µg (25.49%), Selenium: 15.17µg (21.68%), Vitamin B5: 1.9mg (19.04%), Potassium: 590.32mg (16.87%), Copper: 0.27mg (13.36%), Vitamin B1: 0.2mg (13.32%), Iron: 1.99mg (11.04%), Magnesium: 40.44mg (10.11%), Manganese: 0.19mg (9.41%), Folate: 35.17µg (8.79%), Vitamin C: 3.93mg (4.76%), Calcium: 47.59mg (4.76%), Vitamin A: 188.32IU (3.77%), Fiber: 0.74g (2.95%), Vitamin E: 0.31mg (2.06%)