



Veal Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon thyme dried crumbled
- 4 servings eggs with butter
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 large garlic clove minced
- 1 pound mushrooms quartered
- 1.5 tablespoons olive oil
- 0.3 teaspoon oregano dried crumbled

- 0.5 teaspoon salt
- 3 tablespoons butter unsalted
- 1 cup ground veal
- 1.5 pound veal cutlets (also called scallopini; 1/)

Equipment

- bowl
- frying pan
- tongs

Directions

- Heat 2 tablespoons butter in a 12-inch heavy skillet over high heat until foam subsides, then sauté mushrooms, stirring frequently, until liquid mushrooms give off is evaporated and mushrooms begin to brown, about 10 minutes.
- Add garlic and parsley and sauté, stirring, 1 minute.
- Transfer to a bowl and wipe skillet clean.
- Pat veal dry, then sprinkle with salt, pepper, thyme, and oregano.
- Heat 1/2 tablespoon oil with 1 teaspoon butter in skillet over moderately high heat until hot but not smoking. While fat is heating, quickly dredge 2 or 3 pieces of veal in flour, shaking off excess, then sauté until just cooked through, 1 to 1 1/2 minutes on each side (meat will still be slightly pink inside).
- Transfer to a platter with tongs and keep warm, loosely covered. Sauté remaining veal in 2 more batches using remaining oil and butter.
- Add Marsala to skillet and deglaze by boiling, stirring and scraping up brown bits, until reduced by half. Stir in demiglace and simmer, stirring occasionally, 2 minutes. Stir in mushroom mixture and any veal juices accumulated on platter, then season with salt and pepper if necessary. Simmer 2 minutes more and spoon over veal.
- * We use Demi-Glace Gold, available in specialty foods shops, some supermarkets, and by mail order from More Than Gourmet (800-860-938
- or the demiglace/brown sauce from Citarella (212-874-0383).

Nutrition Facts



■ PROTEIN 43.32% ■ FAT 47.13% ■ CARBS 9.55%

Properties

Glycemic Index:51.5, Glycemic Load:6.68, Inflammation Score:-7, Nutrition Score:34.416086922521%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 530.15kcal (26.51%), Fat: 27.52g (42.34%), Saturated Fat: 11.15g (69.71%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 10.94g (3.98%), Sugar: 2.47g (2.75%), Cholesterol: 365.06mg (121.69%), Sodium: 514.93mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.92g (113.84%), Vitamin B3: 25.03mg (125.15%), Vitamin B2: 1.33mg (78.06%), Phosphorus: 689.63mg (68.96%), Selenium: 47.68µg (68.11%), Vitamin B6: 1.22mg (61.19%), Vitamin B5: 5mg (50.02%), Vitamin B12: 2.98µg (49.63%), Zinc: 6.91mg (46.08%), Vitamin K: 45.56µg (43.39%), Potassium: 1254.38mg (35.84%), Copper: 0.66mg (33.12%), Vitamin B1: 0.38mg (25.11%), Folate: 94.01µg (23.5%), Iron: 3.94mg (21.87%), Magnesium: 77.6mg (19.4%), Vitamin E: 2.18mg (14.53%), Vitamin A: 673.73IU (13.47%), Manganese: 0.25mg (12.29%), Vitamin D: 1.26µg (8.43%), Vitamin C: 5.31mg (6.44%), Fiber: 1.6g (6.42%), Calcium: 57.15mg (5.71%)