



Veal Marsala

READY IN



45 min.

SERVINGS



4

CALORIES



594 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
- ☐ 0.7 cup plum brandy sweet
- ☐ 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/)

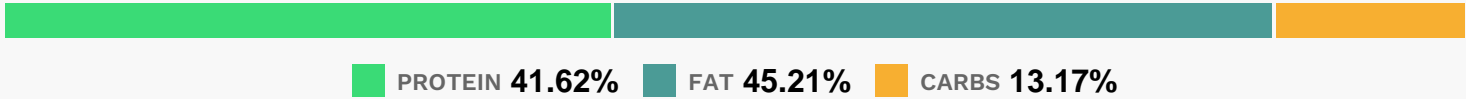
Equipment

- ☐ 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



Properties

Glycemic Index:51.5, Glycemic Load:6.68, Inflammation Score:-7, Nutrition Score:34.76173927473%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg 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: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 594.15kcal (29.71%), Fat: 27.52g (42.34%), Saturated Fat: 11.15g (69.71%), Carbohydrates: 18.03g (6.01%), Net Carbohydrates: 16.42g (5.97%), Sugar: 5.59g (6.21%), Cholesterol: 365.06mg (121.69%), Sodium: 518.53mg (22.54%), Alcohol: 6.12g (100%), Alcohol %: 1.71% (100%), Protein: 57g (114%), Vitamin B3: 25.11mg (125.57%), Vitamin B2: 1.33mg (78.48%), Phosphorus: 693.23mg (69.32%), Selenium: 47.88µg (68.4%), Vitamin B6: 1.22mg (61.19%), Vitamin B5: 5.01mg (50.14%), Vitamin B12: 2.98µg (49.63%), Zinc: 6.94mg (46.27%), Vitamin K: 45.56µg (43.39%), Potassium: 1291.18mg (36.89%), Copper: 0.68mg (34.02%), Vitamin B1: 0.38mg (25.59%), Folate: 94.01µg (23.5%), Iron: 4.03mg (22.41%), Magnesium: 81.2mg (20.3%), Manganese: 0.29mg (14.67%), Vitamin E: 2.18mg (14.53%), Vitamin A: 673.73IU (13.47%), Vitamin D: 1.26µg (8.43%), Vitamin C: 5.31mg (6.44%), Fiber: 1.6g (6.42%), Calcium: 60.35mg (6.03%)