



Veal Milanese

 Dairy Free

READY IN



31 min.

SERVINGS



6

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons basil dried
- 1 teaspoon thyme leaves dried
- 2 cups bread crumbs plain dry
- 4 large eggs
- 1.5 cups flour all-purpose
- 6 servings kosher salt and pepper black freshly ground
- 1 optional: lemon cut into wedges
- 2 pounds veal scallopine thinly sliced

2 cups vegetable oil

Equipment

frying pan

baking sheet

oven

Directions

Preheat oven to 175 degrees F.

In a shallow dish, beat eggs and season with salt and pepper.

Pour flour into another shallow dish.

Mix together the bread crumbs, basil and thyme in a third shallow dish. Have ready one large plate.

Season the veal with salt and pepper. Working with 1 piece of veal at a time, dip it first in the flour, shaking off excess. Next, place the floured veal into the beaten eggs, coating completely.

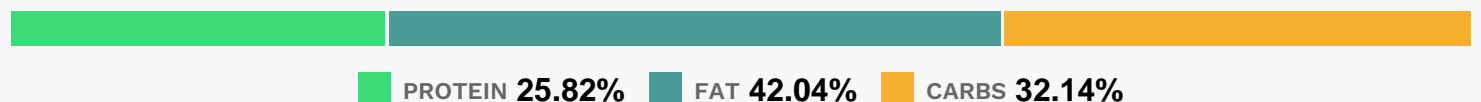
Place the veal into the bread crumb mixture and gently press crumbs into the veal. Set aside on large plate and continue with remaining veal slices.

In a large skillet with high sides, heat the oil to 375 degrees F. Have ready a baking sheet fitted with a rack. Carefully place 2 pieces of breaded veal in the hot oil and fry until golden brown on both sides, about 6 to 8 minutes total.

Place cooked veal on rack, season with salt and place in oven to keep warm. Continue with remaining veal.

Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:22.08, Glycemic Load:17.56, Inflammation Score:-7, Nutrition Score:29.481739396634%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 656.52kcal (32.83%), Fat: 30.24g (46.52%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 48.83g (17.76%), Sugar: 2.9g (3.22%), Cholesterol: 247.98mg (82.66%), Sodium: 436.19mg (18.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.79g (83.58%), Vitamin B3: 15.64mg (78.21%), Selenium: 42.24µg (60.34%), Vitamin B2: 0.87mg (51.09%), Vitamin B1: 0.74mg (49.08%), Phosphorus: 470.37mg (47.04%), Vitamin B12: 2.45µg (40.81%), Zinc: 5.84mg (38.96%), Vitamin B6: 0.75mg (37.7%), Vitamin K: 38.03µg (36.22%), Folate: 134.52µg (33.63%), Manganese: 0.66mg (32.98%), Iron: 5.65mg (31.41%), Vitamin B5: 2.87mg (28.66%), Potassium: 662.56mg (18.93%), Copper: 0.34mg (17.1%), Magnesium: 66.99mg (16.75%), Vitamin E: 2.06mg (13.7%), Calcium: 127.65mg (12.77%), Fiber: 3.18g (12.72%), Vitamin C: 9.63mg (11.67%), Vitamin D: 0.67µg (4.44%), Vitamin A: 193.32IU (3.87%)