



 **51%**
HEALTH SCORE

Veal Oscar

READY IN



45 min.

SERVINGS



4

CALORIES



946 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 asparagus fresh
- 1 tablespoon butter
- 8 ounces crab meat
- 1 cup flour all-purpose for coating
- 0.5 cup milk
- 1 pound cheddar cheese shredded
- 2 pounds veal cutlets

Equipment

- frying pan
- sauce pan
- whisk
- pot
- microwave
- cleaver

Directions

- To Make Cheese Sauce: Melt 2 tablespoons butter in a medium saucepan over medium-low heat. Stir in milk, and cook just until bubbles begin to form at the edges.
- Whisk in the shredded cheese until fully melted and smooth.
- Remove from heat, cover and set aside to keep warm.
- Pound the veal thinly using a mallet or the side of a moistened cleaver. Dredge cutlets in flour, shaking off the excess. Melt 2 tablespoons butter in a large skillet over medium heat. Cook cutlets in butter, 1 to 2 minutes a side, until browned. Set aside and keep warm.
- Bring a large pot of water to a boil. Trim asparagus, and blanch by dropping in boiling water for 2 minutes, until bright green.
- Heat the cooked crabmeat in the microwave or by steaming over the asparagus water.
- To Assemble: Plate the veal; top with crabmeat; criss-cross the asparagus over the top; and drizzle cheese sauce over all.
- Serve extra sauce on the side.

Nutrition Facts

■ PROTEIN **38.6%** ■ FAT **48.31%** ■ CARBS **13.09%**

Properties

Glycemic Index:55.5, Glycemic Load:18.91, Inflammation Score:-9, Nutrition Score:48.943912858548%

Flavonoids

Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 945.59kcal (47.28%), Fat: 50.08g (77.04%), Saturated Fat: 26.94g (168.37%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 28.34g (10.3%), Sugar: 3.13g (3.48%), Cholesterol: 325.3mg (108.43%), Sodium: 1394.51mg (60.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.04g (180.08%), Vitamin B12: 8.83µg (147.24%), Phosphorus: 1241.16mg (124.12%), Vitamin B3: 24.55mg (122.76%), Selenium: 85.82µg (122.6%), Calcium: 897.55mg (89.75%), Zinc: 13.44mg (89.63%), Vitamin B2: 1.42mg (83.81%), Vitamin B6: 1.3mg (64.86%), Copper: 0.97mg (48.57%), Folate: 171.09µg (42.77%), Vitamin B1: 0.59mg (39.52%), Vitamin K: 38.62µg (36.78%), Potassium: 1244.63mg (35.56%), Vitamin A: 1770.57IU (35.41%), Vitamin B5: 3.52mg (35.23%), Magnesium: 136.93mg (34.23%), Iron: 5.13mg (28.49%), Manganese: 0.41mg (20.62%), Vitamin E: 2.37mg (15.8%), Vitamin C: 7.55mg (9.16%), Fiber: 2.19g (8.75%), Vitamin D: 1.02µg (6.77%)