




 **21%**  
HEALTH SCORE

# Veal Paprikash


 **Gluten Free**

READY IN




**45 min.**

SERVINGS



**8**

CALORIES



**507 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon ground pepper hot
- 1 teaspoon marjoram dried
- 1 tablespoon paprika sweet
- 2 cups onion thinly sliced
- 1 large shallots minced
- 0.5 cup cream sour
- 0.5 cup tomatoes diced canned
- 2.5 pounds ground veal

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- 3 tablespoons add carrot and onion to bacon fat . cook ()

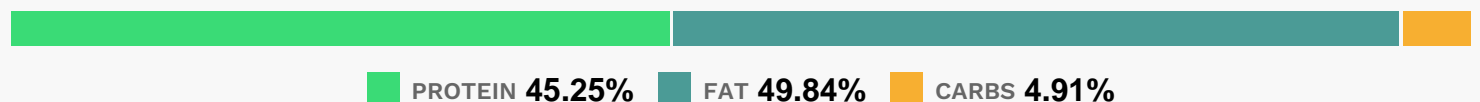
## Equipment

- bowl
- frying pan
- slotted spoon

## Directions

- Melt lard in heavy large skillet over medium heat.
- Add onions; cover skillet and cook until onions are soft, stirring occasionally, about 10 minutes.
- Add shallot; increase heat to medium-high and sauté until onions are golden, about 5 minutes. Using slotted spoon, transfer onions and shallot to small bowl.
- Sprinkle veal with salt and pepper. Working in batches, add veal scallops to drippings in skillet and sauté until browned, about 1 minute per side, adding more lard as needed and transferring veal to plate after each batch. Return onion mixture to skillet.
- Add tomatoes with juice, sweet paprika, hot paprika, and marjoram. Simmer 5 minutes, stirring constantly. Return veal and any accumulated juices to sauce. Simmer 1 minute, turning veal to coat. Using slotted spoon, transfer veal to platter.
- Mix sour cream into sauce and heat through (do not boil). Season sauce to taste with salt and pepper.
- Pour over veal and serve.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:27.328260857126%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

## **Nutrients (% of daily need)**

Calories: 507.49kcal (25.37%), Fat: 27.4g (42.16%), Saturated Fat: 11.45g (71.57%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.89g (3.21%), Cholesterol: 245.93mg (81.98%), Sodium: 268.86mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.98g (111.97%), Vitamin B3: 21.53mg (107.67%), Vitamin B12: 3.83µg (63.82%), Vitamin B6: 1.27mg (63.28%), Phosphorus: 605.9mg (60.59%), Zinc: 8.87mg (59.14%), Vitamin B2: 0.82mg (48.31%), Vitamin B5: 3.86mg (38.6%), Selenium: 23.81µg (34.02%), Potassium: 1030.67mg (29.45%), Magnesium: 77.57mg (19.39%), Copper: 0.35mg (17.36%), Vitamin B1: 0.26mg (17.34%), Iron: 2.84mg (15.75%), Folate: 48.17µg (12.04%), Vitamin A: 592.02IU (11.84%), Manganese: 0.17mg (8.52%), Vitamin E: 1.23mg (8.18%), Calcium: 74.49mg (7.45%), Vitamin C: 4.84mg (5.87%), Fiber: 1.27g (5.1%), Vitamin K: 1.72µg (1.63%)