



Veal Paprikash

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper hot
- ☐ 1 teaspoon marjoram dried
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 2 cups onions thinly sliced
- ☐ 1 large shallots minced
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 0.5 cup juice reserved from tomatoes diced canned
- ☐ 2.5 pounds thick veal scallops

☐ 3 tablespoons lard ()

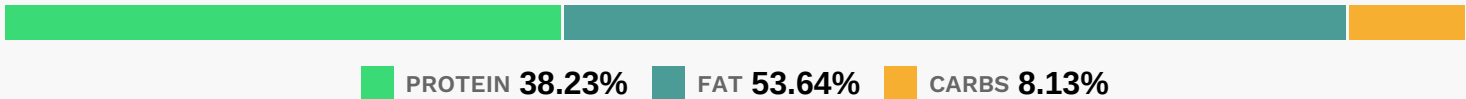
Equipment

- ☐ 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:15.343043638312%

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: 303.37kcal (15.17%), Fat: 17.81g (27.39%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.89g (3.21%), Cholesterol: 129.7mg (43.23%), Sodium: 152.63mg (6.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.11%), Vitamin B3: 10.9mg (54.52%), Vitamin B6: 0.68mg (34.22%), Vitamin B12: 1.93µg (32.16%), Phosphorus: 318.15mg (31.81%), Zinc: 4.53mg (30.22%), Vitamin B2: 0.44mg (25.79%), Vitamin B5: 2mg (20.03%), Selenium: 12.33µg (17.62%), Potassium: 584.17mg (16.69%), Vitamin A: 592.02IU (11.84%), Magnesium: 43.55mg (10.89%), Vitamin B1: 0.15mg (9.78%), Copper: 0.19mg (9.63%), Iron: 1.66mg (9.21%), Folate: 29.75µg (7.44%), Manganese: 0.13mg (6.53%), Vitamin C: 4.84mg (5.87%), Vitamin E: 0.86mg (5.72%), Calcium: 53.22mg (5.32%), Fiber: 1.27g (5.1%), Vitamin K: 1.72µg (1.63%)