



Veal Parmigiana

READY IN



50 min.

SERVINGS



6

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 2 tablespoons water
- 0.7 cup breadcrumbs dry (any flavor)
- 0.3 cup parmesan cheese grated
- 1.5 pounds ground veal for scallopini
- 0.3 cup vegetable oil
- 2 cups pasta sauce (any variety)
- 8 ounces mozzarella cheese shredded

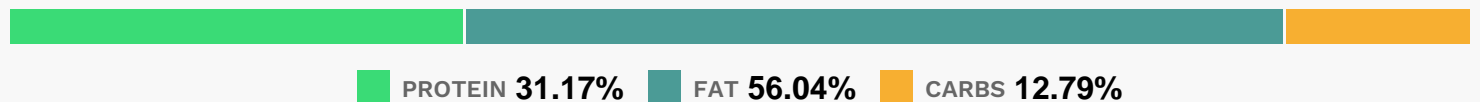
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°F.
- Mix egg and water.
- Mix bread crumbs and Parmesan cheese. Dip veal into egg mixture, then coat with bread crumb mixture.
- Heat oil in 12-inch skillet over medium heat. Cook half of the veal at a time in oil about 5 minutes, turning once, until light brown; drain. Repeat with remaining veal, adding 1 or 2 tablespoons oil if necessary.
- Place half of the veal in ungreased rectangular baking dish, 11x7x1 1/2 inches, overlapping slices slightly. Spoon half of the pasta sauce over veal.
- Sprinkle with 1 cup of the mozzarella cheese. Repeat with remaining veal, sauce and cheese.
- Bake uncovered about 25 minutes or until sauce is bubbly and cheese is light brown.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.62, Inflammation Score:-6, Nutrition Score:21.089999862339%

Nutrients (% of daily need)

Calories: 457.86kcal (22.89%), Fat: 28.34g (43.6%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 12.78g (4.65%), Sugar: 4.07g (4.52%), Cholesterol: 154.96mg (51.65%), Sodium: 912.81mg (39.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.95%), Vitamin B3: 10.16mg (50.8%), Phosphorus: 455.6mg (45.56%), Vitamin B12: 2.56µg (42.73%), Zinc: 5.26mg (35.09%), Vitamin B2: 0.57mg (33.37%), Selenium: 23.32µg (33.32%), Vitamin B6: 0.59mg (29.52%), Calcium: 294.66mg (29.47%), Vitamin B5: 1.99mg (19.88%), Vitamin K: 20.77µg (19.78%), Potassium: 672.34mg (19.21%), Vitamin B1: 0.24mg (16.14%), Vitamin E: 2.4mg (16%), Iron: 2.63mg (14.59%), Vitamin A: 696.8IU (13.94%), Magnesium: 55.06mg (13.76%), Copper:

0.26mg (13.03%), Manganese: 0.25mg (12.38%), Folate: 41.36µg (10.34%), Fiber: 1.76g (7.06%), Vitamin C: 5.72mg (6.93%), Vitamin D: 0.33µg (2.17%)