

Veal Piccata

READY IN



30 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.3 cups chicken broth fat-free low-sodium low-fat
- ☐ 0.3 cup wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 servings soup noodles with chives
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon butter unsalted
- ☐ 2 lb veal cutlets (also called scallopini; 1/)
- ☐ 2 tablespoons water

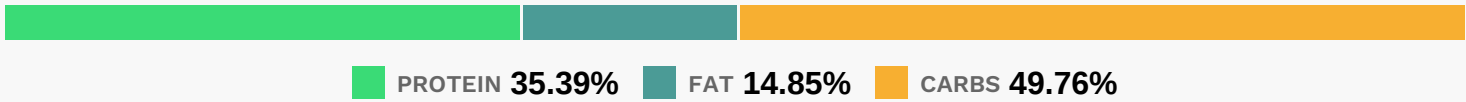
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Boil stock and wine in a 2- to 3-quart heavy saucepan until reduced by about half (to about 3/4 cup), about 3 minutes.
- ☐ Whisk together flour and water in a cup, then whisk into stock. Boil, stirring, 1 minute, then remove from heat and stir in butter, lemon juice, and salt and pepper to taste. Keep sauce warm.
- ☐ Cut veal into 3-inch pieces, then pat dry with paper towels. Lightly oil grill pan and heat over high heat until just smoking.
- ☐ While pan is heating, sprinkle veal with salt and pepper. Grill veal in batches, without crowding, until browned, about 30 seconds on each side, transferring with tongs to a platter. Grill lemon slices, in batches if necessary, until lightly browned, about 1 minute per side, transferring to platter with veal.
- ☐ Stir parsley into warm sauce and pour over veal.
- ☐ • If uncooked cutlets are more than 1/4 inch thick, pound to 1/4 inch thick between 2 sheets of plastic wrap with a rolling pin.
- ☐ Each serving (not including noodles) contains about 143 calories and 2 grams fat.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:17.62, Inflammation Score:-4, Nutrition Score:18.611739310881%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg, Hesperetin: 4.08mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 371.8kcal (18.59%), Fat: 5.9g (9.08%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 42.22g (15.35%), Sugar: 2.15g (2.39%), Cholesterol: 92.95mg (30.98%), Sodium: 430.81mg (18.73%), Alcohol: 1.03g (100%), Alcohol %: 0.54% (100%), Protein: 31.64g (63.29%), Selenium: 46.15µg (65.93%), Vitamin B3: 11.81mg (59.06%), Phosphorus: 363.1mg (36.31%), Vitamin B6: 0.62mg (30.98%), Manganese: 0.6mg (30.19%), Zinc: 3.47mg (23.11%), Vitamin B2: 0.37mg (21.9%), Vitamin K: 21.25µg (20.24%), Vitamin B12: 1.19µg (19.83%), Potassium: 583.99mg (16.69%), Magnesium: 62.72mg (15.68%), Copper: 0.3mg (15.05%), Vitamin B5: 1.5mg (15.02%), Vitamin C: 9.21mg (11.16%), Vitamin B1: 0.16mg (10.91%), Iron: 1.88mg (10.44%), Fiber: 2.27g (9.06%), Folate: 31.23µg (7.81%), Vitamin E: 0.49mg (3.26%), Vitamin A: 132.47IU (2.65%), Calcium: 26.16mg (2.62%)