



Veal Piccata

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon capers drained and rinsed
- ☐ 1 large egg white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 2 teaspoons olive oil
- ☐ 1 Dash salt
- ☐ 8 ounce veal cutlets
- ☐ 1 tablespoon water

Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine flour, salt, and pepper in a shallow dish.
- ☐ Combine water and egg white in another shallow dish, stirring with a whisk.
- ☐ Place breadcrumbs in a third shallow dish. Working with 1 cutlet at a time, dredge in flour mixture. Dip floured cutlet in egg white mixture; dredge in breadcrumbs.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add cutlets to pan; cook 2 minutes on each side or until lightly browned.
- ☐ Remove from pan; keep warm.
- ☐ Add broth, rind, juice, and capers to pan; simmer 2 minutes, stirring constantly.
- ☐ Pour over cutlets; serve immediately.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:4.17, Inflammation Score:-4, Nutrition Score:17.589130253895%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin:

6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 290.37kcal (14.52%), Fat: 8.96g (13.79%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 19.73g (7.17%), Sugar: 1.89g (2.1%), Cholesterol: 88.65mg (29.55%), Sodium: 961.25mg (41.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.98%), Vitamin B3: 13.05mg (65.27%), Selenium: 23.57µg (33.67%), Vitamin B2: 0.53mg (31.27%), Phosphorus: 310.05mg (31.01%), Vitamin B6: 0.59mg (29.31%), Vitamin B12: 1.49µg (24.85%), Vitamin B1: 0.36mg (23.71%), Zinc: 3mg (20.01%), Vitamin K: 17.45µg (16.62%), Manganese: 0.33mg (16.6%), Potassium: 553.36mg (15.81%), Vitamin B5: 1.57mg (15.66%), Folate: 59.29µg (14.82%), Iron: 2.53mg (14.08%), Magnesium: 46.16mg (11.54%), Copper: 0.23mg (11.51%), Vitamin C: 7.81mg (9.46%), Vitamin E: 1.04mg (6.9%), Fiber: 1.52g (6.1%), Calcium: 54.11mg (5.41%)