



Veal Piccata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup vermouth dry
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons juice of lemon fresh (1 lemon)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 pound veal cutlets ()

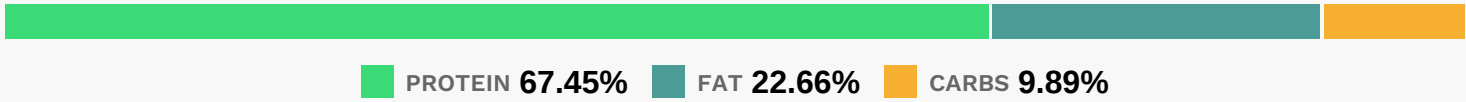
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients, stirring well.
- ☐ Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add half of veal cutlets to pan; cook 1 minute on each side.
- ☐ Transfer veal to a serving platter, and keep warm. Recoat pan with cooking spray, and repeat procedure with remaining veal cutlets.
- ☐ Add vermouth mixture to pan. Cook over high heat 1 minute, stirring constantly, scraping pan to loosen browned bits.
- ☐ Pour sauce over veal; sprinkle with parsley, and serve immediately.
- ☐ carbo rating: 3

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:17.619565201842%

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 Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 173.54kcal (8.68%), Fat: 3.63g (5.58%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.49g (0.54%), Cholesterol: 88.45mg (29.48%), Sodium: 223.88mg (9.73%), Alcohol: 3.8g (100%), Alcohol %: 2.66% (100%), Protein: 24.29g (48.58%), Vitamin K: 201.22µg (191.64%), Vitamin B3: 10.86mg (54.28%), Vitamin B6: 0.55mg (27.28%), Vitamin C: 21.77mg (26.39%), Phosphorus: 259.19mg (25.92%), Vitamin A: 1011.78IU (20.24%), Vitamin B12: 1.18µg (19.66%), Vitamin B2: 0.32mg (18.87%), Zinc: 2.76mg (18.37%), Selenium: 10.32µg (14.75%), Potassium: 502.6mg (14.36%), Vitamin B5: 1.28mg (12.84%), Folate: 37.29µg (9.32%), Iron: 1.67mg (9.3%), Magnesium: 36.68mg (9.17%), Copper: 0.14mg (7.24%), Vitamin B1: 0.11mg (7.08%), Vitamin E: 0.46mg (3.03%), Manganese: 0.06mg (2.9%), Calcium: 23.52mg (2.35%), Fiber: 0.47g (1.9%)