



Veal Piccatas

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ground veal
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- 4 servings salt and pepper
- 4 servings flour all-purpose
- 2 Tbsp butter unsalted
- 2 Tbsp vegetable oil
- 0.3 cup wine dry white
- 1 tsp garlic minced
- 0.5 cup chicken broth

- 2 Tbsp juice of lemon fresh
- 1 Tbsp capers drained
- 4 servings parsley fresh chopped

Equipment

- frying pan

Directions

- Season veal scaloppine with salt and pepper, then dust with flour. In a skillet add the butter and the vegetable oil, and heat over medium-high.
- Saut the scaloppine 2-3 minutes on one side. Flip the scaloppine over and saut the other side 1-2 minutes with the pan covered.
- Transfer the scaloppine to a warmed platter; pour off the fat from the pan.
- Deglaze pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly evaporated, about 2 minutes.
- Add broth, lemon juice and capers. Return veal scaloppine to pan and cook on each side for 1 minute.
- Transfer to a warm plates.
- Finish sauce with butter and lemons. Once butter melts, pour sauce over veal.
- Garnish with chopped fresh parsley and serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.3, Inflammation Score:-5, Nutrition Score:6.7165217391304%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin:

0.16mg, Naringenin: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 162.77kcal (8.14%), Fat: 13.04g (20.06%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 6.91g (2.51%), Sugar: 0.53g (0.59%), Cholesterol: 19.13mg (6.38%), Sodium: 369.7mg (16.07%), Alcohol: 1.55g (8.58%), Protein: 2.05g (4.1%), Vitamin K: 79.23µg (75.45%), Vitamin A: 518.46IU (10.37%), Vitamin C: 8.53mg (10.34%), Folate: 22.7µg (5.68%), Vitamin E: 0.81mg (5.39%), Manganese: 0.1mg (5.24%), Vitamin B1: 0.08mg (5.09%), Vitamin B2: 0.08mg (4.63%), Selenium: 3.21µg (4.58%), Vitamin B3: 0.9mg (4.52%), Iron: 0.75mg (4.16%), Phosphorus: 26.01mg (2.6%), Vitamin B6: 0.04mg (2.18%), Potassium: 71.86mg (2.05%), Magnesium: 7.89mg (1.97%), Copper: 0.04mg (1.94%), Zinc: 0.28mg (1.88%), Fiber: 0.44g (1.76%), Calcium: 14.17mg (1.42%), Vitamin B5: 0.13mg (1.33%), Vitamin B12: 0.07µg (1.19%)