



Veal Pockets in the Style of Valle d'Aosta: Portafoglie alla Valdostana

READY IN



25 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.3 cup cooking wine dry white
- 1 cup emmental cheese grated plus more for garnish
- 4 servings flour for dredging
- 2 ounces prosciutto cotto cut into small matchsticks
- 2 sage leaves
- 4 servings salt and pepper black freshly ground
- 4 veal cutlets thin

Equipment

- bowl
- frying pan
- sauce pan
- toothpicks
- tongs

Directions

- Lay the cutlets flat on a clean, dry work surface. In a small bowl, mix the cheese and prosciutto. Evenly divide this mixture among the 4 cutlets, placing the mixture in the center of each cutlet. Season with salt and pepper. Fold in half being careful that none of the cheese and prosciutto stuffing escapes. Secure sides with toothpicks. Dredge rolls in flour.
- Heat a 12-inch saucepan over medium-high heat.
- Add the 3 tablespoons of butter and cook until the butter foams.
- Add the veal rolls to the pan and brown on all sides, about 5 minutes per side. Use tongs to carefully turn the rolls.
- Remove rolls and keep warm.
- Add the sage leaves to the pan and pour in the wine. Continue cooking over high heat until the wine evaporates. Swirl in the remaining 1 tablespoon of butter.
- Serve immediately with a sprinkling of Emmental cheese on top.

Nutrition Facts

 **PROTEIN 39.68%**  **FAT 54.44%**  **CARBS 5.88%**

Properties

Glycemic Index:49.75, Glycemic Load:4.32, Inflammation Score:-5, Nutrition Score:21.883478322755%

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 Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 479.28kcal (23.96%), Fat: 27.83g (42.81%), Saturated Fat: 14.22g (88.85%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 6.53g (2.37%), Sugar: 0.17g (0.19%), Cholesterol: 189.64mg (63.21%), Sodium: 319.32mg (13.88%), Alcohol: 1.54g (100%), Alcohol %: 0.8% (100%), Protein: 45.63g (91.26%), Vitamin B3: 17.06mg (85.32%), Phosphorus: 562.88mg (56.29%), Vitamin B12: 2.67µg (44.54%), Vitamin B6: 0.85mg (42.5%), Selenium: 28.94µg (41.35%), Zinc: 5.34mg (35.59%), Vitamin B2: 0.6mg (35.02%), Calcium: 255.08mg (25.51%), Vitamin B5: 2.07mg (20.66%), Potassium: 693.75mg (19.82%), Vitamin B1: 0.24mg (15.89%), Magnesium: 58.38mg (14.59%), Copper: 0.28mg (13.82%), Iron: 1.84mg (10.22%), Folate: 40.44µg (10.11%), Vitamin A: 492.29IU (9.85%), Vitamin K: 7.99µg (7.61%), Manganese: 0.14mg (6.78%), Vitamin E: 0.98mg (6.55%)