



## Veal Roasted for Fest: Veal Farsu Magru

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 4 servings chili flakes for garnish
- 2 cups cooking wine dry white
- 2 eggs beaten
- 3 tablespoons thyme leaves dried fresh chopped
- 4 garlic cloves peeled thinly sliced
- 4 servings marjoram chopped for garnish

- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 1 onion spanish chopped
- 4 servings parsley chopped for garnish
- 0.5 cup pecorino freshly grated
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 0.5 cup sundried tomatoes chopped
- 1 pound swiss chard washed and drained cut into 1-inch ribbons,
- 0.5 breast of veal

## Equipment

- frying pan
- sauce pan
- oven
- aluminum foil
- kitchen twine

## Directions

- Preheat oven to 400 degrees F.
- Have a butcher remove the bone from the veal breast and butterfly the breast open.
- In a 12 to 14-inch saute pan, heat the 2 tablespoons olive oil until smoking and add the Swiss chard. Cooked until wilted but not fully cooked, about 1 minute.
- Remove the pan from the heat and allow the greens to cool completely.
- Add the grated cheese, sundried tomatoes and eggs, and season, to taste, with salt and pepper. Season the veal. Spoon the stuffing on the inside of the veal pocket and gently roll the veal up like a jelly roll. Using butcher's twine, tie the veal roll securely and season the outside with salt and pepper.
- In an oven-ready thick bottomed casserole over medium heat, heat the remaining 3 tablespoons olive oil until smoking. Gently add the rolled veal breast and brown on all sides,

turning frequently for about 10 minutes.

- Drain the oil from the pan, add the white wine and tomato sauce, and bring to a boil. Cover pan with a lid or with foil and place in the oven. Cook 1 to 1/2 hours or until fork tender.
- Remove and allow to stand for 10 minutes. Carve and garnish with chopped parsley, marjoram, chili flakes and a drizzle of extra-virgin olive oil.
- Serve immediately.
- In a 3-quart saucepan, heat the olive oil over medium heat.
- Add the onion, garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- Add the thyme, carrot and cook 5 minutes more, until the carrot is quite soft.
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

## Nutrition Facts



## Properties

Glycemic Index:79.21, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:41.883043351381%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.85mg, Apigenin: 8.85mg, Apigenin: 8.85mg, Apigenin: 8.85mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.89mg, Kaempferol: 6.89mg, Kaempferol: 6.89mg, Kaempferol: 6.89mg Myricetin: 4.3mg, Myricetin: 4.3mg, Myricetin: 4.3mg, Myricetin: 4.3mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

## Nutrients (% of daily need)

Calories: 518.07kcal (25.9%), Fat: 27.66g (42.55%), Saturated Fat: 5.93g (37.04%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 28.8g (10.47%), Sugar: 18.96g (21.07%), Cholesterol: 94.94mg (31.65%), Sodium: 1248.52mg (54.28%), Alcohol: 12.36g (100%), Alcohol %: 2.09% (100%), Protein: 15.31g (30.62%), Vitamin K: 1047.05µg (997.19%), Vitamin A: 10225.91IU (204.52%), Vitamin C: 93.99mg (113.93%), Manganese: 1.42mg (70.92%), Vitamin E: 8.92mg (59.5%), Iron: 10.54mg (58.57%), Potassium: 1960.77mg (56.02%), Magnesium: 203.41mg (50.85%), Vitamin B6: 0.86mg (43.18%), Calcium: 420.46mg (42.05%), Fiber: 10.21g (40.84%), Copper: 0.79mg (39.38%),

Phosphorus: 369.27mg (36.93%), Vitamin B2: 0.62mg (36.39%), Vitamin B3: 5.24mg (26.2%), Vitamin B1: 0.35mg (23.58%), Folate: 87.93µg (21.98%), Selenium: 11.9µg (17.01%), Zinc: 2.35mg (15.69%), Vitamin B5: 1.53mg (15.25%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.5µg (3.35%)