



WHATSheATE



Veal Roasted with Shallots, Fennel and Vin Santo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon thyme dried
- ☐ 7.5 cups fennel bulb fresh thinly sliced (from 3 large bulbs)
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.5 teaspoon pepper white
- ☐ 4 tablespoons olive oil divided
- ☐ 3.3 pound beef shoulder roast boneless

- ☐ 2 pounds shallots thinly sliced
- ☐ 500 ml frangelico
- ☐ 500 ml frangelico

Equipment


- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375°F.
- ☐ Mix salt, dried thyme, and white pepper in small bowl. Rub 1 tablespoon oil over roast. Rub salt mixture over roast.
- ☐ Heat 2 tablespoons olive oil in heavy large pot over medium-high heat.
- ☐ Add meat and cook until golden brown on all sides, about 5 minutes.
- ☐ Transfer roast to plate.
- ☐ Add remaining 1 tablespoon oil, shallots, and fennel to same pot. Sauté until vegetables are golden brown, stirring frequently and scraping up browned bits, about 12 minutes.
- ☐ Add Vin Santo; boil 3 minutes. Return veal to pot, nestling into vegetables, and top with some of vegetables. Cover; roast until instant-read thermometer inserted into center of veal registers 165°F, about 1 hour 15 minutes.
- ☐ Transfer veal to platter.
- ☐ Mix fresh thyme into vegetables. Season cooking liquid with salt and pepper. Spoon vegetables and cooking liquid around roast.
- ☐ Market Tip
- ☐ Look for fresh green shallots with glossy tight skins at farmers' markets.

Nutrition Facts



 PROTEIN **45.39%**  FAT **34.04%**  CARBS **20.57%**

Properties

Glycemic Index:15, Glycemic Load:6.21, Inflammation Score:-9, Nutrition Score:37.57956501712%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 499.45kcal (24.97%), Fat: 18.85g (29%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 19.13g (6.96%), Sugar: 12.14g (13.49%), Cholesterol: 149.26mg (49.75%), Sodium: 1053.88mg (45.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.54g (113.09%), Zinc: 15.46mg (103.09%), Vitamin B12: 6.08µg (101.35%), Selenium: 62.03µg (88.62%), Vitamin B6: 1.69mg (84.52%), Vitamin K: 67.86µg (64.63%), Phosphorus: 569.81mg (56.98%), Vitamin B3: 11.13mg (55.66%), Iron: 8.23mg (45.71%), Potassium: 1411.65mg (40.33%), Manganese: 0.57mg (28.64%), Vitamin B2: 0.46mg (26.87%), Fiber: 6.5g (25.99%), Vitamin C: 20.54mg (24.89%), Magnesium: 88.22mg (22.06%), Vitamin B5: 1.89mg (18.85%), Folate: 75.25µg (18.81%), Copper: 0.36mg (18.09%), Vitamin B1: 0.23mg (15.11%), Vitamin E: 1.78mg (11.9%), Calcium: 117.97mg (11.8%), Vitamin A: 181.77IU (3.64%), Vitamin D: 0.18µg (1.23%)