



Veal Roll in the Style of Naples: Rotolo di Vitello



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



485 kcal

Ingredients



1 medium carrots thinly sliced



1 medium celery stalk thinly sliced



1 cup cooking wine dry white



1 tablespoon parsley leaves fresh chopped



1 garlic clove thinly sliced



3 hardboiled eggs peeled



4 tablespoons olive oil extra-virgin



1 large onion thinly sliced

- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 0.3 cup pinenuts
- ☐ 1 pound plum tomatoes whole with their juices canned crushed peeled
- ☐ 0.3 cup raisins
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons pkt spinach fresh chopped
- ☐ 0.8 pound veal breast thin

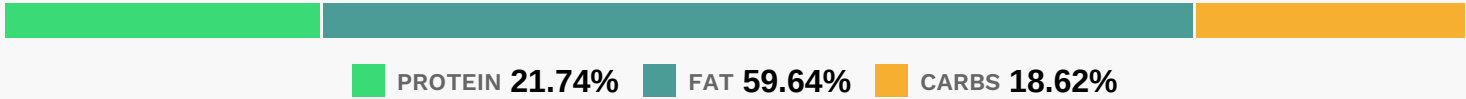
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ kitchen twine

Directions

- ☐ Slice the hard-boiled eggs into rounds. In a large mixing bowl, combine the egg slices, spinach, parsley, oregano, garlic, raisins and pine nuts. Stir until well combined and season, to taste, with salt and pepper.
- ☐ Lay the veal breast flat on a clean work surface and cover with some of the egg mixture. Starting from the horizontal end nearest you, begin rolling the veal breast over the filling, rolling fairly tightly much as you would a burrito. Using kitchen twine, secure the veal roll.
- ☐ In a 12 to 14-inch saucepan, heat the oil over a medium-high flame until hot but not smoking. Brown the meat and remove from the pan.
- ☐ Add the onion, celery, and carrot and cook until the onion begins to soften and turn a light golden brown, about 5 minutes.
- ☐ Add the wine and continue cooking until the wine evaporates.
- ☐ Add the tomatoes and the veal, then season with salt and pepper. Bring the mixture to a boil, reduce to a simmer, and let simmer gently for 1 hour. If necessary to keep the pan moist, add some water during the simmering process.
- ☐ Remove the cooked veal roll from the pan, remove the twine and cut into equally sized slices.
- ☐ Serve immediately, topped with a generous spoonful of the pan sauce.

Nutrition Facts



Properties

Glycemic Index:79.16, Glycemic Load:6.6, Inflammation Score:-10, Nutrition Score:29.357391191565%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 485.46kcal (24.27%), Fat: 29.95g (46.08%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 16.93g (6.16%), Sugar: 6.71g (7.45%), Cholesterol: 209.61mg (69.87%), Sodium: 341.35mg (14.84%), Alcohol: 6.18g (100%), Alcohol %: 2% (100%), Protein: 24.56g (49.12%), Vitamin A: 4493.81IU (89.88%), Vitamin K: 84.64µg (80.61%), Manganese: 1.21mg (60.72%), Vitamin B3: 7.94mg (39.69%), Phosphorus: 354.13mg (35.41%), Vitamin B6: 0.64mg (32.21%), Vitamin B2: 0.53mg (31.18%), Vitamin E: 4.52mg (30.13%), Vitamin C: 23.47mg (28.45%), Selenium: 19.06µg (27.22%), Zinc: 4.02mg (26.77%), Potassium: 923.53mg (26.39%), Vitamin B12: 1.56µg (25.93%), Magnesium: 82.13mg (20.53%), Folate: 77.54µg (19.38%), Vitamin B5: 1.91mg (19.12%), Iron: 3.26mg (18.13%), Copper: 0.35mg (17.44%), Fiber: 4.11g (16.45%), Vitamin B1: 0.22mg (14.43%), Calcium: 96.47mg (9.65%), Vitamin D: 0.82µg (5.5%)