



Veal Rolls in Tomato Sauce---Bracirole di Vitello

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

Ingredients

- 28 ounce canned tomatoes crushed canned
- 0.5 cup currants
- 1 eggs
- 4 cloves garlic crushed
- 0.3 cup olive oil extra-virgin
- 1 large onion spanish thinly sliced
- 2 ounces pancetta minced
- 0.3 cup parsley leaves italian coarsely chopped

- 0.5 cup pecorino freshly-grated
- 0.5 cup pinenuts toasted roughly chopped
- 3 ounces pancetta cut into 1/8-inch dice
- 2 cups red wine
- 6 servings salt and pepper
- 12 slices veal thin

Equipment

- bowl
- frying pan
- dutch oven
- kitchen twine

Directions

- In a medium bowl, combine the pine nuts, currants, pecorino, prosciutto, parsley, garlic, and salt and pepper to taste.
- Add the egg and mix well to blend. Divide mixture into 12 equal portions.
- Spread the mixture onto 1 side of each of the 12 veal pieces, leaving a 1/2-inch perimeter uncovered on each.
- Roll each piece of veal tightly and bind with butcher's twine to ensure that filling stays intact. Season the veal with salt and pepper.
- In a large casserole or Dutch oven, heat the olive oil until almost smoking. Sear the veal rolls, remove when brown.
- Add the onion and saute 2 minutes.
- Add the pancetta, tomatoes and wine and bring to a boil, scraping the bottom of the pan to loosen the browned bits. Reduce to a simmer and add the veal. Cover tightly and allow to braise for 1 hour. Allow to rest 30 minutes before serving with sauce.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:6.02, Inflammation Score:-8, Nutrition Score:21.02521728951%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg, Petunidin: 1.58mg Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg, Delphinidin: 1.61mg Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg, Malvidin: 11.07mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg, Naringenin: 1.42mg Apigenin: 7.3mg, Apigenin: 7.3mg, Apigenin: 7.3mg, Apigenin: 7.3mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg, Isorhamnetin: 1.27mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 485.24kcal (24.26%), Fat: 32.61g (50.17%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 22.28g (8.1%), Sugar: 15.39g (17.1%), Cholesterol: 53.18mg (17.73%), Sodium: 648.9mg (28.21%), Alcohol: 8.48g (100%), Alcohol %: 3.36% (100%), Protein: 11.62g (23.24%), Manganese: 1.47mg (73.63%), Vitamin K: 76.02µg (72.4%), Vitamin E: 4.68mg (31.19%), Phosphorus: 265.48mg (26.55%), Vitamin C: 19.73mg (23.92%), Copper: 0.48mg (23.79%), Potassium: 783.15mg (22.38%), Vitamin B6: 0.44mg (21.93%), Magnesium: 80.9mg (20.23%), Iron: 3.6mg (20.02%), Vitamin B3: 3.68mg (18.41%), Calcium: 172.21mg (17.22%), Vitamin B1: 0.25mg (16.97%), Fiber: 4.03g (16.14%), Selenium: 9.9µg (14.14%), Vitamin B2: 0.24mg (13.96%), Zinc: 1.99mg (13.27%), Vitamin A: 662.47IU (13.25%), Folate: 37.19µg (9.3%), Vitamin B5: 0.79mg (7.93%), Vitamin B12: 0.3µg (5.06%), Vitamin D: 0.28µg (1.89%)