



## Veal Rolls Stuffed with Spinach and Gruyère

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



490 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 1.3 cups baby spinach
- ☐ 0.3 cup wine dry white
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1.5 cups gruyere cheese grated
- ☐ 0.5 cup butter unsalted softened
- ☐ 6 veal cutlets (scallopini; preferably cut from round; no more than 1/;)

### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ stove
- ☐ rolling pin
- ☐ tongs
- ☐ meat tenderizer

## Directions

- ☐ Mash anchovy paste into 4 tablespoons butter in a bowl until combined. Gently pound cutlets to slightly less than 1/8 inch thick between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin. Pat cutlets dry and season lightly with salt and pepper, then spread 1 1/2 teaspoons anchovy butter over top of each cutlet. (You will have a little butter left over.)
- ☐ Sprinkle 1/4 cup cheese over anchovy butter, leaving a 1/4-inch border, then arrange spinach leaves, overlapping in 1 layer, to cover cutlets. Working with 1 cutlet at a time, arrange with a short side nearest you and roll up tightly, then secure with a wooden pick.
- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Pat rolls dry.
- ☐ Heat 2 tablespoons butter in a 12-inch ovenproof heavy skillet over moderately high heat until foam subsides, then sauté veal, turning occasionally, until golden on all sides, about 4 minutes total.
- ☐ Transfer skillet to oven and bake veal until just cooked through, about 5 minutes.
- ☐ Transfer veal with tongs to a platter (reserve skillet) and keep warm, covered.
- ☐ Pour off all but 1 tablespoon fat from skillet, then add wine and deglaze skillet by boiling (on stovetop) over high heat, scraping up brown bits, until reduced by half, about 2 minutes.
- ☐ Remove from heat, then add any juices accumulated on platter and swirl in remaining 2 tablespoons butter (not remaining anchovy butter). Cook over low heat until incorporated. Stir in parsley and salt and pepper to taste.
- ☐ Anchovy butter can be made 3 days ahead and chilled, covered. Soften before using.

# Nutrition Facts

PROTEIN 39.4% FAT 59.9% CARBS 0.7%

## Properties

Glycemic Index:13.17, Glycemic Load:0.1, Inflammation Score:-8, Nutrition Score:25.50695650733%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 489.51kcal (24.48%), Fat: 31.54g (48.52%), Saturated Fat: 18.03g (112.66%), Carbohydrates: 0.83g (0.28%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.3g (0.33%), Cholesterol: 211.84mg (70.61%), Sodium: 449.39mg (19.54%), Alcohol: 1.37g (100%), Alcohol %: 0.71% (100%), Protein: 46.68g (93.36%), Vitamin B3: 16.67mg (83.37%), Vitamin K: 72.21µg (68.77%), Phosphorus: 591.53mg (59.15%), Vitamin B6: 0.84mg (41.77%), Vitamin B12: 2.35µg (39.19%), Calcium: 362.67mg (36.27%), Zinc: 5.35mg (35.66%), Vitamin B2: 0.58mg (34.29%), Selenium: 22.17µg (31.67%), Vitamin A: 1541.18IU (30.82%), Potassium: 725.1mg (20.72%), Vitamin B5: 2.07mg (20.68%), Magnesium: 65.57mg (16.39%), Vitamin B1: 0.17mg (11.07%), Copper: 0.22mg (10.89%), Folate: 43.31µg (10.83%), Iron: 1.86mg (10.31%), Vitamin E: 1.27mg (8.48%), Manganese: 0.13mg (6.66%), Vitamin C: 4.42mg (5.35%), Vitamin D: 0.53µg (3.51%)