



## Veal Rolls with Lemon and Mushrooms: Involtini di Vitello al Limone

 **Gluten Free**  **Very Healthy**

READY IN



120 min.

SERVINGS



4

CALORIES



770 kcal

### Ingredients

- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 1 cup cooking wine dry white
- 2 eggs
- 0.3 cup olive oil extra virgin
- 1 tablespoon thyme leaves fresh
- 3 tablespoons thyme leaves dried fresh chopped
- 4 cloves garlic thinly sliced

- 4 garlic cloves peeled thinly sliced
- 2 lemon zest juiced
- 2 bunches marjoram chopped
- 0.5 pound mushrooms wild such as chanterelles, or crimini, thinly sliced
- 4 tablespoons olive oil extra-virgin
- 1 onion spanish chopped
- 2 bunches parsley italian finely chopped
- 0.3 cup pecorino freshly-grated
- 4 tablespoons pinenuts
- 0.5 onion red chopped
- 4 servings salt
- 4 servings salt and pepper
- 1 pound veal loin cut into 4 slices 3/

## Equipment

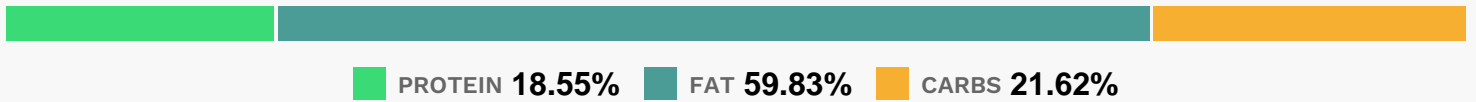
- bowl
- frying pan
- sauce pan
- oven
- stove
- meat tenderizer

## Directions

- Preheat oven to 425 degrees F.
- Using a meat mallet, pound the veal pieces until they are 1/8-inch thick. Season with the salt and pepper and set aside.
- In a 12 to 14 inch saute pan, heat the oil until just smoking.
- Add the onion, garlic, and thyme and cook over medium heat until light golden brown.
- Add the mushrooms and cook until soft and liquid has cooked out, about 10 minutes.

- Remove to a bowl and allow to cool, saving the pan on the stove.
- Add the pine nuts, marjoram, half of the parsley, pecorino, and eggs and stir to mix well.
- Add the wine and tomato sauce to pan, add the lemon juice and zest, and stir to mix. Set aside.
- Lay the 4 veal pieces out and divide the pine nut mixture among them.
- Roll and tie them individually and place in the pan with the sauce.
- Place the pan in the oven and bake 35 to 40 minutes.
- Remove, snip the strings off the veal pieces and place in the center of the platter. Finish the sauce with the remaining olive oil and parsley, spoon the sauce over the meat and serve.
- In a 3-quart saucepan, heat the olive oil over medium heat.
- Add the onion and garlic, cook until soft and light golden brown, about 8 to 10 minutes.
- Add the thyme and 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:81.21, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:57.046521560006%

### 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: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 62.09mg, Apigenin: 62.09mg, Apigenin: 62.09mg, Apigenin: 62.09mg Luteolin: 3.61mg, Luteolin: 3.61mg, Luteolin: 3.61mg, Luteolin: 3.61mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg, Quercetin: 10.58mg

### Nutrients (% of daily need)

Calories: 770.29kcal (38.51%), Fat: 50.62g (77.87%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 26.35g (9.58%), Sugar: 14.21g (15.79%), Cholesterol: 177.92mg (59.31%), Sodium: 1200.94mg (52.21%), Alcohol: 6.18g (100%), Alcohol %: 0.98% (100%), Protein: 35.3g (70.6%), Vitamin K: 586.52µg (558.59%), Vitamin C: 101.77mg (123.36%), Manganese: 2.47mg (123.33%), Iron: 21.51mg (119.52%), Vitamin A: 5630.61IU (112.61%), Vitamin B3: 16.48mg (82.38%), Vitamin B6: 1.49mg (74.35%), Fiber: 14.81g (59.24%), Calcium: 579.33mg (57.93%), Phosphorus: 579.12mg (57.91%), Potassium: 2020.43mg (57.73%), Vitamin E: 8.63mg (57.52%), Vitamin B2: 0.89mg (52.51%), Copper: 1mg (49.81%), Magnesium: 189.11mg (47.28%), Zinc: 5.8mg (38.66%), Folate: 152.98µg (38.25%), Vitamin B5: 3.23mg (32.34%), Selenium: 20.75µg (29.65%), Vitamin B1: 0.42mg (27.92%), Vitamin B12: 1.52µg (25.41%), Vitamin D: 3.48µg (23.18%)