

Veal Saltimbocca (Saltimbocca alla Romana)

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings flour all-purpose as needed
- 16 sage fresh
- 1 cup chicken stock low-sodium
- 0.5 cup olive oil
- 16 slices pancetta
- 4 tablespoons butter unsalted ()
- 1 pound veal loin chops cut into 8 (2-ounce) pieces

Equipment

- frying pan
- plastic wrap
- aluminum foil

Directions

- Arrange two slices of veal between two sheets of plastic wrap and use a mallet to gently pound them to about 1/4-inch thickness. Repeat with the remaining veal. Arrange two leaves of sage and two slices of prosciutto on each piece of veal, and press lightly to adhere. Lightly dust the prosciutto side of each piece of veal with a small amount of flour.
- In a large sauté pan over moderately high heat, warm the olive oil. Working in batches if necessary, sauté the veal, prosciutto side down first, until the prosciutto is crispy and the veal is just cooked through, about 2 minutes per side. Set cooked pieces aside on a plate and cover with aluminum foil to keep them warm.
- Remove any excess oil from the pan and deglaze the pan with the stock or broth.
- Add the butter to the pan and reduce by about one third until thickened, 3 to 4 minutes. Return the meat to the pan and continue cooking to heat through as needed, about 1 minute.
- Serve the meat with the sauce spooned over top.

Nutrition Facts

PROTEIN 22.03% **FAT 72.47%** **CARBS 5.5%**

Properties

Glycemic Index:18.75, Glycemic Load:4.14, Inflammation Score:-3, Nutrition Score:15.649999965792%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 503.37kcal (25.17%), Fat: 40.26g (61.93%), Saturated Fat: 16.71g (104.46%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.66g (2.42%), Sugar: 0.11g (0.12%), Cholesterol: 140.8mg (46.93%), Sodium: 327.73mg (14.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.08%), Vitamin B3: 12.16mg (60.8%), Vitamin B6: 0.7mg (34.79%), Copper: 0.66mg (32.76%), Phosphorus: 300.96mg (30.1%), Selenium: 18.75µg (26.79%), Vitamin B12: 1.5µg (25.03%), Vitamin B2: 0.36mg (21.05%), Zinc: 3.14mg (20.9%), Vitamin B5: 1.7mg (17%), Vitamin B1: 0.23mg (15.18%), Potassium: 470.96mg (13.46%), Vitamin E: 1.54mg (10.26%), Vitamin K: 10.49µg

(9.99%), Iron: 1.48mg (8.23%), Magnesium: 32.72mg (8.18%), Vitamin A: 361.7IU (7.23%), Folate: 28.89µg (7.22%), Manganese: 0.1mg (5.1%), Calcium: 27.71mg (2.77%), Vitamin D: 0.34µg (2.25%)