



Veal Sauté

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound round steak
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup wine dry white (from 32-ounce carton)
- ☐ 0.3 cup water

- ☐ 1 teaspoon rosemary leaves dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces pearl onions peeled
- ☐ 2 medium carrots cut into julienne strips
- ☐ 1 serving parsley fresh chopped

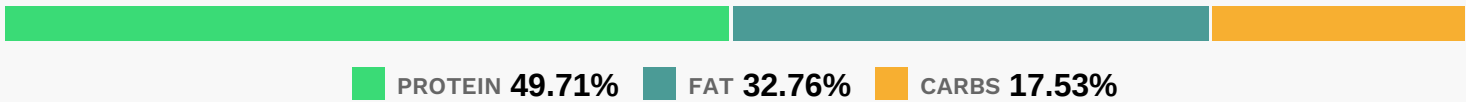
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Remove fat from veal.
- ☐ Cut veal into 4 serving pieces.
- ☐ Mix flour, paprika, 1/4 teaspoon salt and the pepper. Coat veal with flour mixture. Flatten between sheets of plastic wrap or waxed paper with a meat mallet to 1/4-inch thickness.
- ☐ Heat oil in 10-inch nonstick skillet over medium-high heat. Cook veal in oil, turning once, until brown; drain.
- ☐ Add wine, water, rosemary, 1/4 teaspoon salt, the onions and carrots to veal in skillet.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 45 minutes, adding water if necessary, until veal and vegetables are tender.
- ☐ Place veal and vegetables on platter; pour pan drippings over top.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:60.71, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:20.963913015697%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 242kcal (12.1%), Fat: 7.85g (12.08%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.88g (2.86%), Sugar: 2.98g (3.31%), Cholesterol: 71.44mg (23.81%), Sodium: 380.56mg (16.55%), Alcohol: 3.09g (100%), Alcohol %: 1.74% (100%), Protein: 26.81g (53.61%), Vitamin A: 5304.35IU (106.09%), Selenium: 33.93µg (48.47%), Vitamin B6: 0.85mg (42.73%), Vitamin B3: 8.45mg (42.26%), Vitamin B12: 2.14µg (35.72%), Zinc: 5.07mg (33.82%), Phosphorus: 281.57mg (28.16%), Vitamin K: 26.47µg (25.21%), Potassium: 575.76mg (16.45%), Iron: 2.94mg (16.31%), Vitamin B2: 0.24mg (13.97%), Vitamin B1: 0.17mg (11.57%), Magnesium: 39.9mg (9.97%), Vitamin B5: 0.92mg (9.25%), Folate: 34.77µg (8.69%), Manganese: 0.17mg (8.56%), Copper: 0.15mg (7.63%), Vitamin C: 5.24mg (6.35%), Fiber: 1.58g (6.31%), Vitamin E: 0.81mg (5.43%), Calcium: 45.46mg (4.55%)