



## Veal Scallopine with Charred Cherry Tomato Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 ounces baby arugula
- ☐ 1 cherry tomatoes
- ☐ 1 teaspoon dijon mustard
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 ounces parmigiano-reggiano cheese shaved
- ☐ 1 shallots minced

- ☐ 2 tablespoons sherry vinegar
- ☐ 16 ounce veal cutlets

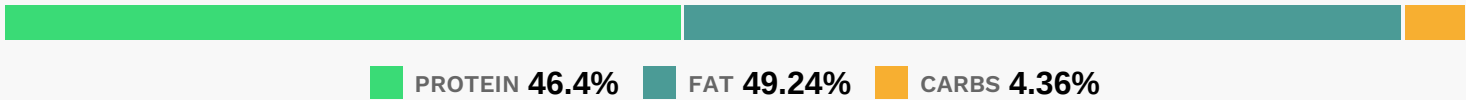
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

## Directions

- ☐ Light a grill. In a large bowl, whisk the olive oil with the sherry vinegar, minced shallot and Dijon mustard. Season the vinaigrette with salt and pepper.
- ☐ Heat a medium cast-iron skillet on the grill.
- ☐ Add the tomatoes and cook over high heat, shaking the pan a few times, until the tomatoes are charred and the skins begin to split, about 4 minutes.
- ☐ Add the tomatoes to the vinaigrette and lightly smash the tomatoes to release some of their juices.
- ☐ Season the veal with salt and pepper. Lightly oil the grill grate. Grill the veal, turning once, until just cooked through, about 2 minutes.
- ☐ Transfer to plates.
- ☐ Add the arugula and the cheese shavings to the tomatoes and toss well.
- ☐ Place the salad alongside the veal and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:16.495217524145%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 250.77kcal (12.54%), Fat: 13.48g (20.74%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.28g (1.42%), Cholesterol: 95.68mg (31.89%), Sodium: 458.9mg (19.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.15%), Vitamin B3: 10.84mg (54.2%), Vitamin K: 39.91µg (38.01%), Phosphorus: 344.89mg (34.49%), Vitamin B6: 0.58mg (28.89%), Vitamin B12: 1.31µg (21.78%), Vitamin B2: 0.37mg (21.7%), Zinc: 3.08mg (20.5%), Selenium: 13.2µg (18.86%), Calcium: 181.11mg (18.11%), Potassium: 565.61mg (16.16%), Vitamin A: 777.68IU (15.55%), Vitamin B5: 1.41mg (14.13%), Magnesium: 50.09mg (12.52%), Folate: 46.88µg (11.72%), Vitamin E: 1.52mg (10.16%), Iron: 1.6mg (8.86%), Copper: 0.16mg (7.9%), Manganese: 0.16mg (7.89%), Vitamin B1: 0.12mg (7.67%), Vitamin C: 5.76mg (6.99%), Fiber: 0.74g (2.95%)