



Veal Scallopini with Brown Butter and Capers

READY IN



10 min.

SERVINGS



4

CALORIES



414 kcal

Ingredients

- ☐ 1.5 tablespoons capers drained
- ☐ 2 tablespoons flat parsley chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 tablespoons red-wine vinegar
- ☐ 0.5 stick butter unsalted cut into pieces
- ☐ 1 pound ground veal thin (less than 1/)
- ☐ 3 tablespoons vegetable oil

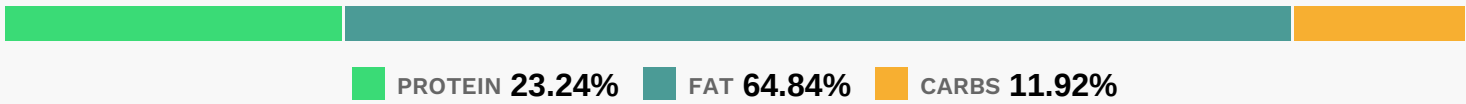
Equipment

- ☐ frying pan

Directions

- ☐ Heat a 12-inch heavy skillet (not nonstick) over high heat until hot, then add oil and heat until it shimmers.
- ☐ Meanwhile, stir together flour, 1 teaspoon salt, and 1/2 teaspoon pepper, then pat veal dry and dredge in flour, knocking off excess.
- ☐ Cook veal in 2 batches, turning once, until browned and just cooked through, 2 to 2 1/2 minutes per batch.
- ☐ Transfer to a plate.
- ☐ Discard oil from skillet, then add butter and cook over medium heat, shaking skillet frequently, until browned and fragrant, 1 to 2 minutes. Stir in vinegar, capers, and 1/4 teaspoon each of salt and pepper. Return veal to skillet just to heat through, then sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.65, Inflammation Score:-5, Nutrition Score:15.611739236376%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 414.09kcal (20.7%), Fat: 29.53g (45.43%), Saturated Fat: 12.01g (75.06%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 11.64g (4.23%), Sugar: 0.08g (0.09%), Cholesterol: 123.36mg (41.12%), Sodium: 179.49mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Vitamin K: 53.33µg (50.79%), Vitamin B3: 9.48mg (47.4%), Vitamin B12: 1.54µg (25.73%), Phosphorus: 252.37mg (25.24%), Zinc: 3.62mg (24.17%), Vitamin B6: 0.47mg (23.74%), Vitamin B2: 0.39mg (23.19%), Selenium: 14.66µg (20.94%), Vitamin B5: 1.58mg (15.78%), Vitamin B1: 0.22mg (14.42%), Folate: 47.49µg (11.87%), Potassium: 391.79mg (11.19%), Vitamin A: 525.6IU (10.51%), Iron: 1.87mg (10.39%), Vitamin E: 1.51mg (10.05%), Magnesium: 33.15mg (8.29%), Copper: 0.16mg (8.16%), Manganese: 0.15mg (7.35%), Vitamin C: 2.82mg (3.41%), Calcium: 27.04mg (2.7%), Fiber: 0.58g (2.34%), Vitamin D: 0.21µg (1.41%)