



Veal Scallops in Irish Whiskey Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter divided
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground sage
- ☐ 1 teaspoon hungarian paprika sweet
- ☐ 8 ounce pre mushrooms
- ☐ 2 teaspoons olive oil divided

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons freshly shallots chopped
- ☐ 2 tablespoons cooking sherry
- ☐ 1 pound veal scaloppine ()
- ☐ 0.3 cup irish whiskey

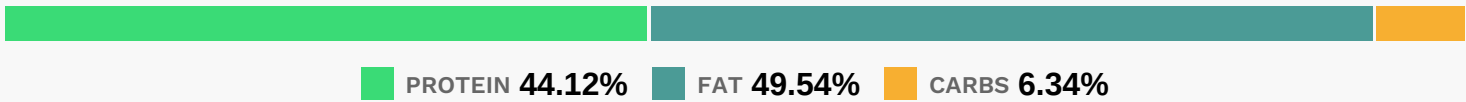
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; sprinkle evenly over veal.
- ☐ Heat 1 teaspoon oil and 1 teaspoon butter in a large nonstick skillet over medium-high heat.
- ☐ Add half of veal to skillet. Cook 1 minute on each side or until lightly browned.
- ☐ Remove from skillet; set aside, and keep warm. Repeat procedure with remaining olive oil, butter, and veal.
- ☐ Reduce heat to medium.
- ☐ Add the chopped shallots and presliced mushrooms to pan, and cook 1 minute.
- ☐ Add Irish whiskey, scraping pan to loosen browned bits.
- ☐ Add broth and sherry; simmer 3 minutes or just until sauce begins to thicken. Return veal to pan. Cover and simmer 1 minute or until thoroughly heated.
- ☐ Place veal on a serving platter, and top with mushrooms and sauce.
- ☐ Sprinkle with chopped fresh parsley, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:14.772173684576%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 261.61kcal (13.08%), Fat: 12.03g (18.51%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.7g (1.89%), Cholesterol: 98.36mg (32.79%), Sodium: 520.07mg (22.61%), Alcohol: 6.08g (100%), Alcohol %: 3.33% (100%), Protein: 24.11g (48.22%), Vitamin B3: 10.8mg (54.01%), Vitamin B2: 0.55mg (32.35%), Phosphorus: 289.65mg (28.97%), Vitamin B6: 0.56mg (28.07%), Vitamin B12: 1.6µg (26.72%), Zinc: 3.83mg (25.57%), Vitamin B5: 2.41mg (24.06%), Selenium: 15.29µg (21.84%), Potassium: 585.31mg (16.72%), Copper: 0.32mg (16.19%), Vitamin B1: 0.15mg (9.69%), Magnesium: 36.07mg (9.02%), Iron: 1.52mg (8.43%), Manganese: 0.17mg (8.42%), Folate: 26.84µg (6.71%), Vitamin A: 310.72IU (6.21%), Vitamin E: 0.8mg (5.31%), Fiber: 0.98g (3.94%), Calcium: 25.67mg (2.57%), Vitamin K: 2.37µg (2.26%), Vitamin C: 1.6mg (1.94%)