



Veal Scaloppine with Asparagus and Chanterelle Cream Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 young asparagus spears
- ☐ 2 cups chanterelles
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 2 cups heavy cream
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 12 slices provolone cheese

- ☐ 1 tablespoon butter unsalted
- ☐ 2 tablespoons butter unsalted for sauteeing rolls
- ☐ 24 ounce veal scaloppine (recommended: Provimi veal)
- ☐ 0.3 cup vermouth white

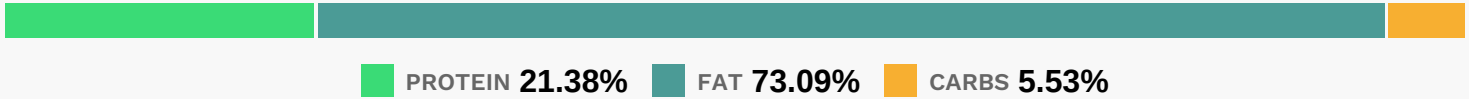
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 400 degrees F. In a medium pot of boiling salted water blanch the asparagus for 1 minute. Plunge the hot asparagus in ice water to stop the cooking and to preserve the green color.
- ☐ Heat a medium skillet over medium-high heat add the unsalted butter and garlic and cook until fragrant, but not brown.
- ☐ Add the mushrooms and saute until golden brown. Turn the heat to high and add the vermouth.
- ☐ Add the cream and cook until reduced by 1/2, about 5 minutes. Season with salt and pepper. Keep chanterelle sauce warm.
- ☐ Cut the veal scaloppine in 1/2 and season generously with salt and pepper. Season the flour with salt and pepper.
- ☐ Lay a slice of provolone and 2 pieces of blanched asparagus on the veal.
- ☐ Roll the veal scaloppine around the provolone and asparagus and dredge lightly in the seasoned flour. In an large skillet over medium high heat, melt the butter and olive oil.
- ☐ Place 3 rolls in the skillet, seam side down, and cook for 30 seconds. Turn the rolls over and sear the other side for 30 seconds.
- ☐ Transfer to a baking sheet and continue searing the rest of the rolls.
- ☐ Bake for about 10 minutes until the cheese is melted.
- ☐ Serve with the chanterelle sauce.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:24.653478311456%

Flavonoids

Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg, Isorhamnetin: 3.65mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 674.96kcal (33.75%), Fat: 54.64g (84.06%), Saturated Fat: 31.86g (199.11%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.17g (2.61%), Sugar: 3.96g (4.4%), Cholesterol: 223.9mg (74.63%), Sodium: 394.54mg (17.15%), Alcohol: 0.95g (100%), Alcohol %: 0.36% (100%), Protein: 35.97g (71.93%), Phosphorus: 513.53mg (51.35%), Vitamin B3: 10.13mg (50.66%), Vitamin A: 2159.96IU (43.2%), Vitamin B2: 0.72mg (42.45%), Calcium: 378.14mg (37.81%), Vitamin B12: 2.21µg (36.89%), Zinc: 5.39mg (35.95%), Vitamin K: 32.07µg (30.55%), Vitamin B6: 0.59mg (29.72%), Selenium: 19.94µg (28.48%), Vitamin B5: 2.26mg (22.61%), Potassium: 713.08mg (20.37%), Iron: 3.36mg (18.67%), Vitamin D: 2.52µg (16.79%), Copper: 0.33mg (16.71%), Vitamin E: 2.34mg (15.58%), Vitamin B1: 0.23mg (15.27%), Folate: 60.17µg (15.04%), Magnesium: 55.69mg (13.92%), Manganese: 0.23mg (11.37%), Fiber: 2.13g (8.53%), Vitamin C: 4.22mg (5.11%)