



Veal Scaloppine with Mushroom Marsala Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp pepper black divided
- ☐ 3 tablespoons butter
- ☐ 0.3 cup flour
- ☐ 3 tablespoons garlic chopped
- ☐ 0.5 cup beef broth reduced-sodium
- ☐ 0.7 cup marsala wine sweet
- ☐ 12 ounces mushrooms sliced
- ☐ 2 tablespoons olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 1 tsp salt divided
- ☐ 1 pound veal cutlets thick
- ☐ 0.5 cup whipping cream

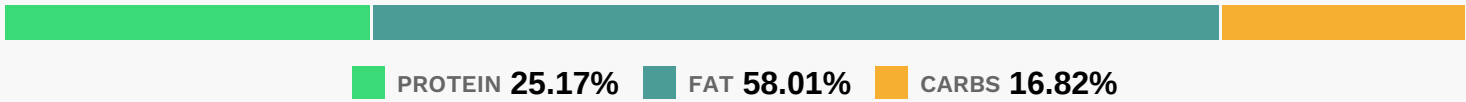
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine flour, 1 tsp. each salt and pepper, and the oregano. Lightly dust veal with flour mixture and set on a plate.
- ☐ Heat olive oil in a large frying pan over medium-high heat. Working in 2 batches, brown veal in oil, turning once, about 4 minutes per side.
- ☐ Transfer to a platter.
- ☐ In the same pan, melt butter, then add mushrooms and garlic; saut 5 minutes.
- ☐ Add marsala and broth. Cook over high heat until slightly reduced, 5 minutes.
- ☐ Add cream and salt and pepper to taste. Return to a boil.
- ☐ Pour sauce over veal.
- ☐ Serve with sauted spinach and mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:7, Inflammation Score:-8, Nutrition Score:20.851304220117%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin:

3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 505.01kcal (25.25%), Fat: 30.21g (46.47%), Saturated Fat: 14.62g (91.39%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 18.11g (6.58%), Sugar: 5.78g (6.43%), Cholesterol: 144.64mg (48.21%), Sodium: 792.8mg (34.47%), Alcohol: 6.12g (100%), Alcohol %: 2.32% (100%), Protein: 29.49g (58.98%), Vitamin B3: 14.55mg (72.73%), Vitamin B2: 0.78mg (45.67%), Phosphorus: 367.95mg (36.8%), Vitamin B6: 0.71mg (35.32%), Selenium: 23.74µg (33.92%), Vitamin B5: 2.68mg (26.8%), Potassium: 862.55mg (24.64%), Copper: 0.46mg (22.87%), Zinc: 3.32mg (22.15%), Vitamin B12: 1.28µg (21.31%), Manganese: 0.38mg (19.12%), Vitamin B1: 0.27mg (17.9%), Vitamin A: 711.5IU (14.23%), Vitamin K: 14.38µg (13.7%), Vitamin E: 1.98mg (13.21%), Folate: 52.35µg (13.09%), Iron: 2.31mg (12.84%), Magnesium: 49.04mg (12.26%), Fiber: 1.6g (6.39%), Calcium: 56.63mg (5.66%), Vitamin C: 3.85mg (4.66%), Vitamin D: 0.65µg (4.31%)