



Veal Scaloppine with Spring Pea Coulis and Asparagus



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds slender asparagus spears trimmed
- ☐ 3 teaspoons tarragon fresh minced
- ☐ 0.8 cup low-salt chicken broth canned
- ☐ 9 ounces peas frozen thawed
- ☐ 0.3 cup shallots finely chopped
- ☐ 18 ounce veal round cutlets boneless cut into 3 pieces

Equipment

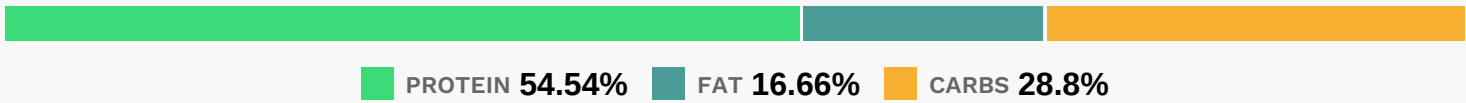
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Cook asparagus in large pot of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain.
- ☐ Place asparagus in large bowl of ice water to cool.
- ☐ Drain; pat dry.
- ☐ Spray medium nonstick skillet with nonstick spray.
- ☐ Heat skillet over medium heat.
- ☐ Add shallots and sauté 1 minute.
- ☐ Add peas and sauté 2 minutes.
- ☐ Add broth. Bring to simmer.
- ☐ Transfer mixture to blender.
- ☐ Add 1 teaspoon tarragon. Purée until smooth, about 3 minutes. Season pea coulis with salt and pepper.
- ☐ Pound each veal piece between sheets of plastic wrap to scant 1/4-inch thickness. (Can be prepared 1 day ahead. Wrap asparagus in paper towels. Cover asparagus, pea coulis and veal separately and refrigerate.)
- ☐ Spray 2 large nonstick skillets with nonstick spray.
- ☐ Heat over medium-high heat.
- ☐ Sprinkle veal with salt and pepper. Working in batches, add veal to skillets; sauté until brown and just cooked through, about 2 minutes per side.

- ☐ Transfer veal to platter. Tent with foil.
- ☐ Divide asparagus and remaining 2 teaspoons tarragon between same 2 skillets. Sauté over medium–high heat until asparagus is heated through, about 2 minutes. Rewarm coulis in heavy small saucepan over medium–low heat.
- ☐ Spoon 3 tablespoons pea coulis onto each of 6 plates.
- ☐ Place veal atop coulis. Arrange asparagus alongside veal.
- ☐ Per serving: calories, 210; total fat, 5 g; saturated fat, 1 g; cholesterol, 77 mg.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:20.807826166568%

Flavonoids

Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 167.62kcal (8.38%), Fat: 3.16g (4.86%), Saturated Fat: 1.14g (7.16%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 7.5g (2.73%), Sugar: 5g (5.56%), Cholesterol: 66.34mg (22.11%), Sodium: 68.25mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.58%), Vitamin B3: 10.34mg (51.69%), Vitamin K: 53.25µg (50.72%), Vitamin B6: 0.61mg (30.51%), Phosphorus: 300.07mg (30.01%), Vitamin C: 23.59mg (28.59%), Vitamin B2: 0.44mg (26.07%), Folate: 94.78µg (23.69%), Manganese: 0.46mg (22.84%), Vitamin B1: 0.32mg (21.65%), Vitamin A: 1082.11IU (21.64%), Iron: 3.82mg (21.24%), Zinc: 3.1mg (20.68%), Potassium: 695.27mg (19.86%), Fiber: 4.8g (19.19%), Copper: 0.38mg (18.79%), Selenium: 10.76µg (15.37%), Vitamin B12: 0.91µg (15.23%), Magnesium: 55.21mg (13.8%), Vitamin B5: 1.24mg (12.42%), Vitamin E: 1.38mg (9.21%), Calcium: 53.78mg (5.38%)