



Veal Scaloppini with Saffron Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 2.5 tablespoons butter
- ☐ 12 ounces cremini mushrooms sliced
- ☐ 0.8 cup cooking wine dry white
- ☐ 0.8 cup heavy cream
- ☐ 1 optional: lemon cut into wedges
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup peas frozen thawed

- ☐ 0.3 teaspoon saffron threads
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 large shallots finely chopped
- ☐ 1 pound veal scaloppini (12 slices)

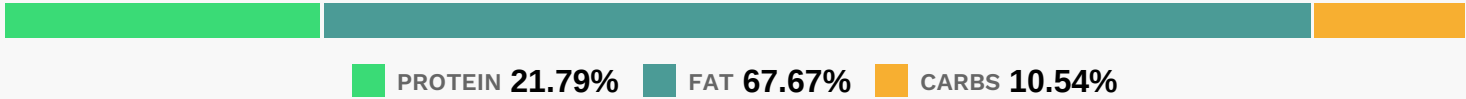
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle the veal with salt and pepper. Melt 1/2 tablespoon of butter with 2 teaspoons of oil in a heavy large frying pan over high heat. Working in batches if necessary, add the veal and saute until just cooked through and golden, about 45 to 60 seconds per side.
- ☐ Transfer the veal to a platter and tent with foil to keep it warm. Repeat with the remaining veal, adding more butter and oil to the pan as necessary.
- ☐ Melt 1 tablespoon of butter and 1 tablespoon of oil in the same pan over high heat.
- ☐ Add the mushrooms and shallots.
- ☐ Sprinkle with salt and pepper, and saute until the mushrooms are golden brown, about 8 minutes.
- ☐ Add the wine, broth and saffron, and simmer until the liquid is reduced by half, about 5 minutes.
- ☐ Add the cream and boil until the sauce thickens slightly, stirring often, about 4 minutes.
- ☐ Add the peas and return the sauce to a simmer. Season the sauce, to taste, with salt and pepper.
- ☐ Pour the sauce over the veal and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:66.71, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:24.331304176994%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 531.23kcal (26.56%), Fat: 38.27g (58.88%), Saturated Fat: 19g (118.72%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 10.69g (3.89%), Sugar: 5.89g (6.54%), Cholesterol: 162.23mg (54.08%), Sodium: 394.97mg (17.17%), Alcohol: 4.64g (100%), Alcohol %: 1.39% (100%), Protein: 27.73g (55.46%), Vitamin B3: 12.72mg (63.59%), Vitamin B2: 0.86mg (50.66%), Selenium: 33.78µg (48.26%), Phosphorus: 407.71mg (40.77%), Vitamin B6: 0.7mg (34.93%), Zinc: 4.87mg (32.44%), Copper: 0.61mg (30.49%), Vitamin B5: 3.02mg (30.25%), Vitamin B12: 1.73µg (28.88%), Potassium: 971.81mg (27.77%), Vitamin C: 22.83mg (27.68%), Vitamin A: 1020.33IU (20.41%), Manganese: 0.35mg (17.25%), Vitamin B1: 0.25mg (16.73%), Folate: 58.73µg (14.68%), Magnesium: 54.82mg (13.71%), Vitamin E: 2mg (13.3%), Iron: 2.18mg (12.11%), Fiber: 2.72g (10.9%), Vitamin K: 11.19µg (10.66%), Calcium: 88.22mg (8.82%), Vitamin D: 0.8µg (5.33%)