



Veal Scaloppini with Wine, Mushroom and Green Olive

READY IN



25 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter cut into pieces
- ☐ 16 button mushrooms chopped
- ☐ 1 cup cooking wine dry white
- ☐ 1 handful flat-leaf parsley italian chopped
- ☐ 2 cloves garlic smashed
- ☐ 16 large olives green pitted coarsely chopped
- ☐ 0.8 pound linguini
- ☐ 0.3 cup olive oil extra-virgin for drizzling

- ☐ 1 small onion chopped
- ☐ 3 slices pancetta chopped
- ☐ 0.3 cup romano grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound veal scaloppini cut into 1-inch strips

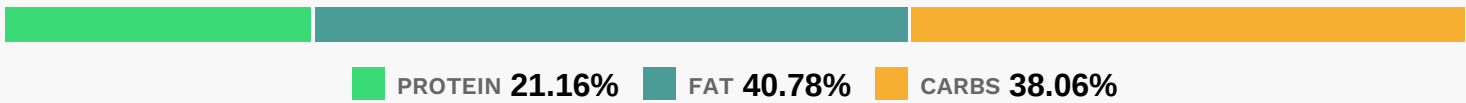
Equipment

- ☐ frying pan

Directions

- ☐ Place pasta water on to boil and cook linguini 8 minutes, to al dente in salted water.
- ☐ Drain and reserve. Keep warm.
- ☐ Preheat a large, heavy skillet over medium to medium high heat.
- ☐ Add 1 turn of the pan or 1 tablespoon extra virgin olive oil and the pancetta or bacon. Cook pancetta or bacon 1 to 2 minutes alone, then add onions and cook another 2 or 3 minutes.
- ☐ Add mushrooms to the pan and cook together with the onions 3 to 5 minutes.
- ☐ Season veal strips with salt and pepper. In a second skillet preheated over medium high heat, add 1 1/2 turns of extra-virgin olive oil and 1 clove smashed garlic. Quick-fry half of the veal searing each side of the strips 1 to 2 minutes.
- ☐ Transfer cooked veal strips and garlic to a plate and repeat.
- ☐ Add all of the cooked strips and garlic to the onions and mushrooms then add wine to the pan and lift up all of the drippings. Cook wine down to evaporate the alcohol about 2 to 3 minutes. Stir olives and parsley into veal and mushrooms.
- ☐ Serve portions of veal, mushrooms and green olives on a bed of hot linguini tossed with a drizzle of extra-virgin olive oil, butter and grated cheese.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:26.36, Inflammation Score:-7, Nutrition Score:30.465652045996%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 799.56kcal (39.98%), Fat: 34.18g (52.59%), Saturated Fat: 10.17g (63.58%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 67.67g (24.61%), Sugar: 5.14g (5.72%), Cholesterol: 113.11mg (37.7%), Sodium: 582.81mg (25.34%), Alcohol: 6.18g (100%), Alcohol %: 1.91% (100%), Protein: 39.9g (79.8%), Selenium: 88.27µg (126.1%), Vitamin B3: 13.58mg (67.92%), Phosphorus: 580.28mg (58.03%), Manganese: 1.06mg (53.01%), Vitamin B2: 0.8mg (47.31%), Copper: 0.81mg (40.61%), Zinc: 6.04mg (40.29%), Vitamin B6: 0.79mg (39.25%), Vitamin B5: 3.22mg (32.18%), Vitamin B12: 1.76µg (29.3%), Potassium: 1022.45mg (29.21%), Vitamin K: 25.72µg (24.5%), Magnesium: 95.04mg (23.76%), Vitamin E: 3.11mg (20.72%), Vitamin B1: 0.29mg (19.6%), Calcium: 171.72mg (17.17%), Fiber: 4.12g (16.47%), Iron: 2.93mg (16.27%), Folate: 56.73µg (14.18%), Vitamin A: 304.59IU (6.09%), Vitamin C: 3.09mg (3.75%), Vitamin D: 0.16µg (1.09%)