



Veal Schnitzel

READY IN



20 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings butter for frying
- 2 eggs
- 1 cup at fish counter in market
- 1 cup flour
- 4 servings parsley fresh chopped for garnish
- 1 optional: lemon cut into wedges
- 4 servings nutmeg whole
- 4 servings drizzle olive oil extra-virgin
- 4 servings waxed paper

4 servings salt and pepper

6 ounce veal cutlets

Equipment

frying pan

Directions

Cover work surface with a sheet of waxed paper. Arrange cutlets with a few inches between them on paper. Top work surface with a second sheet of waxed paper. Pound cutlets out to 1/4-inch thick using the bottom of small heavy skillet or a rubber mallet.

Heat a large skillet over moderate heat.

Set veal aside and set up 3 disposable pie tins and a plate in a row.

Place flour in 1 disposable tin and season with salt and pepper. In the second disposable tin, beat eggs with a drizzle of oil and season with salt. In the third disposable tin, pour out about 1 cup of cracker meal.

Bread veal in flour. Coat the veal evenly with egg on both sides. Gently press veal into cracker meal and rest coated cutlets on a plate.

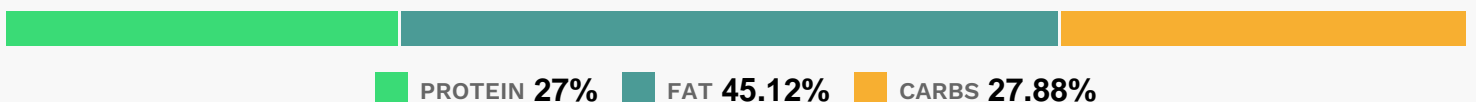
Add a drizzle of oil and 1 1/2 tablespoons butter to the skillet.

When butter foams, add 2 pieces of veal and cook 3 to 4 minutes on each side until golden brown all over.

Remove to a warm plate and grate a little nutmeg over hot schnitzel. Repeat with remaining 2 veal cutlets.

Garnish veal with parsley and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:18.14, Inflammation Score:-7, Nutrition Score:21.679130284683%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 405.35kcal (20.27%), Fat: 20.38g (31.35%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 28.34g (9.45%), Net Carbohydrates: 26.17g (9.52%), Sugar: 1.45g (1.61%), Cholesterol: 146.82mg (48.94%), Sodium: 298.73mg (12.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.88%), Vitamin K: 76.74µg (73.09%), Selenium: 46.33µg (66.19%), Vitamin B3: 8.34mg (41.68%), Phosphorus: 283.36mg (28.34%), Vitamin B12: 1.57µg (26.24%), Vitamin B2: 0.42mg (24.8%), Folate: 99.14µg (24.78%), Vitamin C: 19.69mg (23.87%), Vitamin B1: 0.34mg (22.59%), Vitamin B6: 0.37mg (18.57%), Vitamin E: 2.72mg (18.16%), Iron: 3.09mg (17.15%), Manganese: 0.33mg (16.64%), Vitamin D: 2.27µg (15.16%), Potassium: 466.15mg (13.32%), Vitamin B5: 1.29mg (12.86%), Zinc: 1.79mg (11.91%), Magnesium: 44.59mg (11.15%), Vitamin A: 488.87IU (9.78%), Copper: 0.19mg (9.46%), Fiber: 2.17g (8.66%), Calcium: 42.24mg (4.22%)