

food
network

Veal Schnitzel

READY IN



50 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches baby arugula washed
- ☐ 4 ounces bacon diced
- ☐ 6 ounces chicken livers coarsely chopped
- ☐ 6 servings flour for coating
- ☐ 1 clove garlic minced
- ☐ 2 cups mushrooms wild sliced
- ☐ 2 tablespoons olive oil plus more, for sauteing
- ☐ 1 onion minced
- ☐ 6 servings salt and pepper

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 36 ounce veal cutlets
- ☐ 1 cup white wine

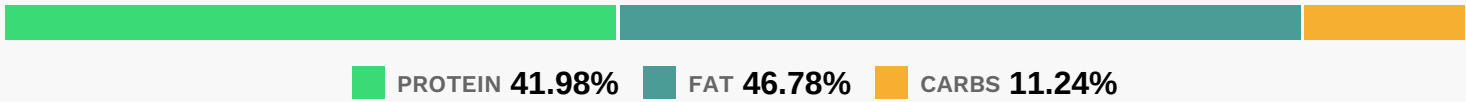
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat olive oil in pan over medium heat and saute chicken livers and garlic.
- ☐ Let livers cool and chop up into medium pieces.
- ☐ Divide evenly among veal and place in the center of each piece.
- ☐ Roll veal around livers and tie. Season with salt and pepper and lightly dredge in flour.
- ☐ Heat up 1 tablespoon of olive oil and brown schnitzel on all sides and set aside.
- ☐ Brown bacon in same pan and add onions cooking until translucent.
- ☐ Add mushrooms and cook over low heat.
- ☐ Pour off any excess fat and add wine. Simmer for 2 minutes and whisk in sour cream. Season with salt and pepper and place schnitzel in sauce. Simmer for 1 to 2 minutes and serve on a bed of baby arugula

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:39.858260805192%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.54mg,

Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg, Isorhamnetin: 2.54mg Kaempferol: 13.27mg, Kaempferol: 13.27mg, Kaempferol: 13.27mg, Kaempferol: 13.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 475.4kcal (23.77%), Fat: 22.95g (35.3%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 10.95g (3.98%), Sugar: 3.25g (3.61%), Cholesterol: 254.26mg (84.75%), Sodium: 466.97mg (20.3%), Alcohol: 4.12g (100%), Alcohol %: 1.38% (100%), Protein: 46.33g (92.67%), Vitamin B12: 6.62µg (110.28%), Vitamin B3: 21.34mg (106.7%), Vitamin A: 4161.2IU (83.22%), Vitamin B2: 1.22mg (71.79%), Folate: 251.26µg (62.81%), Vitamin B6: 1.19mg (59.73%), Selenium: 41.13µg (58.76%), Phosphorus: 568.68mg (56.87%), Vitamin K: 51.05µg (48.62%), Vitamin B5: 4.48mg (44.76%), Zinc: 5.44mg (36.25%), Potassium: 1056.87mg (30.2%), Iron: 5.22mg (29.02%), Vitamin B1: 0.39mg (26.09%), Copper: 0.49mg (24.31%), Magnesium: 81.99mg (20.5%), Manganese: 0.39mg (19.61%), Vitamin C: 13.08mg (15.86%), Vitamin E: 1.71mg (11.39%), Calcium: 102.32mg (10.23%), Fiber: 1.45g (5.79%)