



Veal Skewers: Spiedini di Vitello

READY IN



60 min.

SERVINGS



6

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 small bay leaves
- ☐ 1.5 cups bread crumbs dried
- ☐ 0.5 cup caciocavallo cheese grated
- ☐ 0.3 cup currants hot drained for 10 minutes and
- ☐ 1 large eggs
- ☐ 1 bunch parsley leaves fresh chopped for garnish
- ☐ 1 halves optional: lemon
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 medium onions cut into 24 chunks, lightly roasted

- ☐ 0.3 cup pinenuts toasted
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2.5 pounds veal scallops cut into thin pieces, 2-inches wide and 6-inches long

Equipment

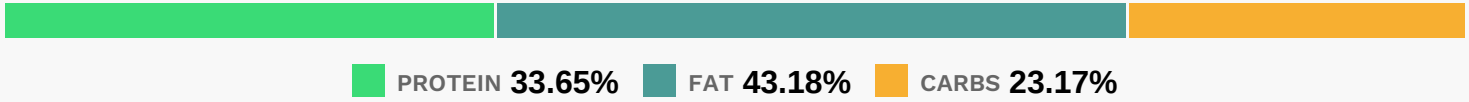
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ broiler
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Set out 6 (8-inch) metal or wooden skewers. If you are using wooden skewers, be sure to soak them in water for 30 minutes before using.
- ☐ Place a medium frying pan over medium-low heat.
- ☐ Add 1/4 cup olive oil and heat until hot, but not smoking.
- ☐ Add the bread crumbs. Stir constantly and cook until golden, about 5 minutes. The mixture should be moist, but not wet.
- ☐ Remove from the heat and place the bread crumbs in a bowl.
- ☐ Add the caciocavallo, currants, pine nuts, parsley and egg and gently mix together.
- ☐ Preheat grill or broiler.
- ☐ Spread the veal slices out onto a clean work surface. Season with salt and pepper. Spoon equal amounts of the bread crumb stuffing into the center of each veal piece, gently patting the stuffing down.
- ☐ Roll each veal piece into a small roll.
- ☐ Make the kebabs: Force a skewer through the center of an onion slice, a bay leaf, and a veal roll. Repeat, in the same order, 2 more times. Finish each kebab with 1 last bay leaf and onion slice. Make sure all the ingredients are pressed snugly together.

- ☐ Brush the kebabs with extra-virgin olive oil and cook over a preheated grill or broiled until tender and golden brown, about 5 minutes per side.
- ☐ To serve, drizzle with extra-virgin olive oil and a squeeze of lemon.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:2.39, Inflammation Score:-8, Nutrition Score:33.497390923293%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg, Apigenin: 20.49mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 543.19kcal (27.16%), Fat: 25.85g (39.77%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.13g (10.23%), Sugar: 8.09g (8.99%), Cholesterol: 195.39mg (65.13%), Sodium: 436.44mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.33g (90.65%), Vitamin K: 163.61µg (155.82%), Vitamin B3: 16.52mg (82.59%), Phosphorus: 548.22mg (54.82%), Zinc: 7.22mg (48.16%), Manganese: 0.96mg (47.96%), Vitamin B12: 2.8µg (46.68%), Vitamin B6: 0.93mg (46.66%), Vitamin B2: 0.75mg (43.89%), Selenium: 27.72µg (39.6%), Vitamin B1: 0.48mg (32.14%), Vitamin B5: 2.92mg (29.19%), Potassium: 883.85mg (25.25%), Iron: 4.36mg (24.25%), Magnesium: 87.7mg (21.93%), Folate: 87.51µg (21.88%), Vitamin C: 17.31mg (20.98%), Copper: 0.41mg (20.74%), Vitamin A: 972.07IU (19.44%), Calcium: 184.8mg (18.48%), Fiber: 3.07g (12.28%), Vitamin E: 1.8mg (12.03%), Vitamin D: 0.22µg (1.49%)