



Veal, Wild Mushrooms, and Red Wine



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



346 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 pound baby carrots
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups chicken broth
- ☐ 2 teaspoons curly-leaf parsley finely chopped
- ☐ 2 tablespoons rosemary leaves fresh finely chopped
- ☐ 2 tablespoons thyme sprigs fresh finely chopped
- ☐ 1.5 pounds mushrooms wild dried washed cut into 1/4-inch slices
- ☐ 3 tablespoons potato flour

- ☐ 1.5 cups wine
- ☐ 1 teaspoon salt
- ☐ 4.5 pounds ground veal boneless cut into 1 1/2-inch chunks
- ☐ 3 tablespoons vegetable oil
- ☐ 2 large onion yellow finely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Toss the veal with the salt and pepper.
- ☐ Heat 3 tablespoons of oil in a heavy ovenproof casserole. Sauté the veal on all sides over medium-high heat until it is brown. (Do not overcrowd the pan or the veal will not brown.) With a slotted spoon, remove the veal to a platter and set aside.
- ☐ Add the remaining oil to the pan and sauté the onions over medium heat for 3 minutes.
- ☐ Add the garlic and cook for 1 minute more. Stirring with a wooden spoon, add the potato starch and continue to cook for 30 seconds.
- ☐ Stir the chicken broth, wine, carrots, thyme, and rosemary into the onion mixture. Simmer the sauce for 1 minute. Return the veal to the casserole, stir well. Braise the veal, covered, in the oven for 1 1/2 hours, until the meat is very tender when pierced with a fork.
- ☐ While the veal is cooking, heat the remaining oil in a medium skillet. Sauté the mushrooms for 3 minutes and set aside.
- ☐ When the veal is done, remove from the oven, add the mushrooms, and reseason with salt and pepper.
- ☐ Transfer the veal to a serving dish and garnish the top with the chopped parsley.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:24.678695813469%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 345.96kcal (17.3%), Fat: 15.38g (23.67%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.55g (2.75%), Sugar: 3.94g (4.38%), Cholesterol: 141.05mg (47.02%), Sodium: 651.15mg (28.31%), Alcohol: 3.15g (100%), Alcohol %: 1.01% (100%), Protein: 35.87g (71.74%), Vitamin A: 3978.5IU (79.57%), Vitamin B3: 15.26mg (76.29%), Vitamin B2: 0.76mg (44.56%), Vitamin B6: 0.84mg (41.85%), Phosphorus: 417.34mg (41.73%), Vitamin B12: 2.32µg (38.63%), Zinc: 5.68mg (37.88%), Vitamin B5: 3.25mg (32.47%), Selenium: 19.77µg (28.24%), Potassium: 864.49mg (24.7%), Copper: 0.43mg (21.41%), Vitamin B1: 0.22mg (14.92%), Magnesium: 55.67mg (13.92%), Iron: 2.32mg (12.89%), Folate: 45.58µg (11.4%), Manganese: 0.23mg (11.3%), Vitamin K: 9.43µg (8.98%), Fiber: 2.16g (8.66%), Vitamin C: 5.82mg (7.05%), Calcium: 52.76mg (5.28%), Vitamin E: 0.77mg (5.12%)