

 food  
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## Veal with Egg Sauce: Vitello Brodettato

READY IN



90 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 2 egg yolks
- ☐ 1 tablespoon flour
- ☐ 1 clove garlic roughly chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 3 leeks white green cleaned cut into 1-inch rounds, well
- ☐ 4 servings several gratings of nutmeg fresh
- ☐ 1 tablespoon parmigiano-reggiano grated
- ☐ 1 bunch parsley finely chopped

- ☐ 2 ounces pancetta    diced finely
- ☐ 4 servings salt and pepper    to taste
- ☐ 1 scallion
- ☐ 2.5 pound veal shoulder    cut into 3-inch chunks
- ☐ 1 cup water
- ☐ 2 tablespoons lard
- ☐ 2 tablespoons lard

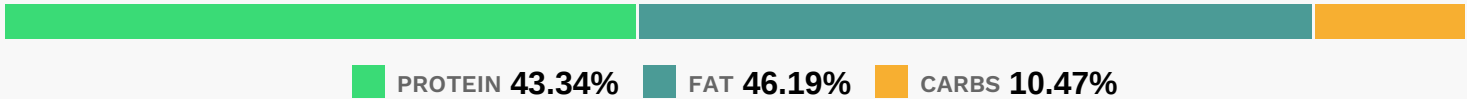
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, heat the lard over high heat.
- ☐ Add the prosciutto and scallion and cook over medium-high heat to brown.
- ☐ Add the veal and brown it lightly. Season with salt, pepper and nutmeg, then add the wine and let it evaporate entirely. In a small pot, bring the water to boil. Dust the meat with the flour, then add 1 cup boiling water to the pot and cover. Cook over medium heat until the meat is fork-tender, about 45 minutes. In a small bowl, combine the grated Parmigiano, garlic, parsley, egg yolks and lemon juice and whisk to combine. Once the meat is tender, add to the pot and allow to thicken slightly before serving.

Nutrition Facts



Properties

Glycemic Index:78.25, Glycemic Load:4.42, Inflammation Score:-9, Nutrition Score:40.35913024778%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg, Apigenin: 30.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 583.7kcal (29.18%), Fat: 28.6g (44%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 12.35g (4.49%), Sugar: 3.72g (4.14%), Cholesterol: 339.87mg (113.29%), Sodium: 570.73mg (24.81%), Alcohol: 2.06g (100%), Alcohol %: 0.54% (100%), Protein: 60.39g (120.78%), Vitamin K: 271.47µg (258.54%), Vitamin B3: 22.47mg (112.37%), Vitamin B6: 1.43mg (71.4%), Phosphorus: 683.75mg (68.38%), Vitamin B12: 4.06µg (67.67%), Zinc: 9.43mg (62.83%), Vitamin B2: 0.88mg (51.75%), Vitamin A: 2490.17IU (49.8%), Selenium: 32.63µg (46.62%), Vitamin B5: 4.25mg (42.47%), Vitamin C: 29.27mg (35.48%), Potassium: 1169.53mg (33.42%), Folate: 122.31µg (30.58%), Iron: 5.22mg (28.98%), Manganese: 0.54mg (27.12%), Magnesium: 104.24mg (26.06%), Vitamin B1: 0.36mg (24.08%), Copper: 0.46mg (23.13%), Calcium: 140.09mg (14.01%), Vitamin E: 1.78mg (11.85%), Fiber: 2.24g (8.97%), Vitamin D: 0.55µg (3.66%)