



Vitello Tonatto Fondue



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon caper brine
- ☐ 2 tablespoons capers finely chopped
- ☐ 2 teaspoon capers
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 teaspoons juice of lemon
- ☐ 200 gram oil tuna packed drained canned
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup olive oil extra-virgin divided

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon parsley leaves chopped
- ☐ 1.5 teaspoons parsley leaves chopped
- ☐ 0.5 cup red wine
- ☐ 4 servings gray salt and pepper black freshly ground
- ☐ 12 ounce veal scallopini
- ☐ 0.3 cup water

Equipment

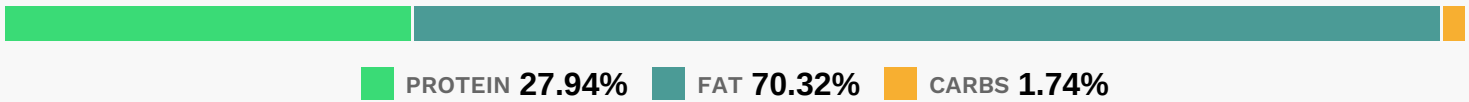
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ baking pan
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Special equipment: 8 (6-inch) wooden skewers
- ☐ In a small saute pan heat 1/4 cup olive oil over medium heat, add the garlic and fry until golden brown, add the chopped capers, and the parsley to the pan, mix well and remove to a small bowl to cool. Stir in 1/2 cup olive oil.
- ☐ Lay out the veal pieces and cut in half lengthwise to achieve 8 strips.
- ☐ Lay veal strips down flat in a non-reactive baking dish and spoon the cooled caper garlic mix over the top.
- ☐ Let marinate for 20 to 30 minutes.
- ☐ In a blender combine all ingredients and blend on high speed until smooth and well emulsified, check for seasoning and transfer to a small serving bowl.
- ☐ Roll the marinated veal from end to end and skewer each roll on the end of the wooden skewers.

- ☐
- Heat a grill pan over high heat, and add 1 tablespoon olive oil, heat until hot but not smoking.
- ☐
- Add the veal skewers to the pan and cook on high for about 3 minutes on each side.
- ☐
- Remove to a serving dish. Lower the heat on the grill pan to medium and add the red wine, reduce by half and spoon over the cooked veal skewers.
- ☐
- Serve alongside the tonatto sauce to dip veal skewers.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:19.439565404602%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg, Kaempferol: 6.61mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 474.02kcal (23.7%), Fat: 35.03g (53.89%), Saturated Fat: 6.62g (41.37%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.28g (0.31%), Cholesterol: 78.74mg (26.25%), Sodium: 528.57mg (22.98%), Alcohol: 3.18g (100%), Alcohol %: 1.61% (100%), Protein: 31.32g (62.64%), Selenium: 45.3µg (64.72%), Vitamin B3: 12.71mg (63.54%), Vitamin K: 55.67µg (53.02%), Vitamin B12: 2.24µg (37.33%), Phosphorus: 339.52mg (33.95%), Vitamin E: 4.33mg (28.85%), Vitamin B6: 0.45mg (22.44%), Vitamin D: 3.35µg (22.33%), Zinc: 3.15mg (20.99%), Vitamin B2: 0.31mg (18.21%), Vitamin B5: 1.33mg (13.29%), Potassium: 428.78mg (12.25%), Magnesium: 42.61mg (10.65%), Iron: 1.87mg (10.4%), Copper: 0.16mg (8.09%), Vitamin B1: 0.09mg (6.33%), Manganese: 0.12mg (6.14%), Folate: 17.04µg (4.26%), Vitamin C: 2.94mg (3.57%), Calcium: 29.96mg (3%), Vitamin A: 134.24IU (2.68%), Fiber: 0.27g (1.07%)