



Wiener Schnitzel

READY IN



45 min.

SERVINGS



4

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups breadcrumbs dried plain fine
- ☐ 4 servings curly-leaf parsley
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 3 teaspoons kosher salt divided plus more for seasoning
- ☐ 1 optional: lemon cut into 4 wedges
- ☐ 0.5 pound beef rib steak

- ☐ 3 tablespoons butter unsalted
- ☐ 2 cups vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Line a large baking sheet with a doublelayer of paper towels.
- ☐ Whisk flour and1 teaspoon salt in a wide shallow bowl. Lightlywhisk eggs and cream in another wideshallow bowl until the yolks and whites arejust streaky.
- ☐ Mix breadcrumbs and 2 teaspoonssalt in a third wide shallow bowl. Poundveal slices between sheets of plastic wrap to 1/8"–1/16" thickness, being careful not totear. Season lightly with salt and pepper.
- ☐ Prop a deep–fry thermometer in a largedeep skillet; pour in oil so that bulb issubmerged.
- ☐ Heat oil over medium heat to350°F.
- ☐ Add butter to skillet and adjust heatto maintain 350°F.
- ☐ Dredge 2 veal slices in flour mixture;shake off excess. Dip in egg. Turn to coat;shake off excess. Dredge in breadcrumbs,pressing to adhere; shake off excess.
- ☐ Transfer slices to skillet. Using a largespoon, carefully baste the top of the vealwith the hot oil. Cook until breading puffsand starts to brown, about 1 minute. Turnand cook until browned, about 1 minutelonger.
- ☐ Transfer to paper towel–linedsheet. Repeat with remaining veal slices.
- ☐ Divide veal among plates.
- ☐ Garnish withlemon wedges and parsley or lettuce.

Nutrition Facts



 **PROTEIN 13.07%**  **FAT 53.41%**  **CARBS 33.52%**

Properties

Glycemic Index:41.13, Glycemic Load:17.75, Inflammation Score:-8, Nutrition Score:28.036086849544%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 783.75kcal (39.19%), Fat: 46.7g (71.85%), Saturated Fat: 15.51g (96.92%), Carbohydrates: 65.95g (21.98%), Net Carbohydrates: 61.76g (22.46%), Sugar: 4.46g (4.96%), Cholesterol: 158.64mg (52.88%), Sodium: 2210.98mg (96.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.45%), Vitamin K: 111.41µg (106.11%), Selenium: 46.16µg (65.95%), Vitamin B1: 0.84mg (56.25%), Vitamin B3: 8.31mg (41.56%), Vitamin B2: 0.65mg (38.17%), Manganese: 0.75mg (37.43%), Folate: 138.1µg (34.53%), Iron: 5.92mg (32.89%), Zinc: 4.33mg (28.83%), Phosphorus: 267.66mg (26.77%), Vitamin C: 19.67mg (23.85%), Vitamin B12: 1.38µg (23.04%), Vitamin B6: 0.38mg (18.81%), Vitamin A: 859.6IU (17.19%), Fiber: 4.19g (16.75%), Vitamin E: 2.49mg (16.61%), Calcium: 143.01mg (14.3%), Copper: 0.27mg (13.3%), Magnesium: 50.11mg (12.53%), Potassium: 396.48mg (11.33%), Vitamin B5: 0.92mg (9.18%), Vitamin D: 0.83µg (5.56%)