



Veal Shanks

Number of Servings: 2
Calories Per Serving: 277
PCF Ratio: 54-19-25

Single Serving Comment: Single serving is 1/2 of the total recipe

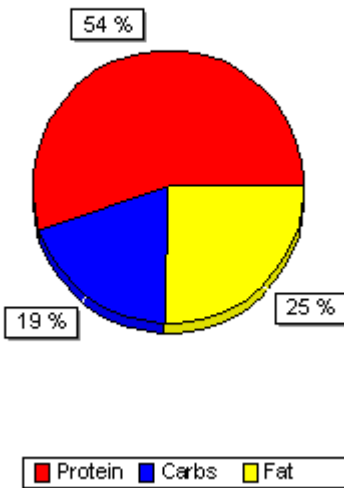
Cooking Instructions

Ingredients:

- 360g raw Veal Shank
- 2/3 tbsp White Flour
- 2/3 tbsp Olive Oil
- 2/3 large, raw, Onion
- 2/3 tbsp canned Tomato Paste
- 20ml Rose' Table Wine
- 150ml Vegetable Beef Soup Broth
- (serves 2)

Trim fat from veal. Coat veal with flour. Slice onions. Coat a dutch oven with cooking spray and add oil. Place over medium heat until hot. Cook veal for 3 minutes on each side. Remove veal. Wipe drippings from Dutch oven. Coat Dutch oven with cooking spray. Place over medium heat until hot. Saute onions. Add broth, tomato paste and wine. Stir well. Return veal to Dutch oven; cover, reduce heat, and simmer for 1 hour or until veal is tender.

54-19-25 Ratio



Nutrition Information	
Serving Size: Single serving is 1/2 of the total recipe	
Servings: 1	
Amount Per Serving	
Calories 280	Calories from Fat 70
% Daily Value*	
Total Fat 7g	12%
Saturated Fat 2g	11%
Cholesterol 135mg	45%
Sodium 430mg	18%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	5%
Sugars 4 g	
Protein 36 g	
Vitamin A 15%	Vitamin C 8%
Calcium 6%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
VEAL SHANK, RAW, SLF	fore & hind	360	360	406.8	68.9						
WHEAT FLOUR, WHITE, ALL PURPOSE	enriched, bleached	2/3 tbsp	5	19	.5	4	.0				

Veal Shanks (continued)

OLIVE OIL	salad or cooking	2/3 tsp	1	8.8										
ONION, RAW		2/3 large	100	42	.9	10.1	4.3	2	1.2					1.2
TOMATO PASTE, CANNED, NO SALT	can	2/3 tbs	11	8.7	.5	2	1.1	.5	.5					.0
WINE, ROSE TABLE	1 wine glass	2/3 fl oz	20	13.9	.0	.3	.3							
VEGETABLE BEEF BROTH SOUP, CONDENSED	can, prep w/equal volume water, commercial	5 1/3 fl oz	161	54.6	2	8.7	2.1							
Recipe Total:			657	553.9	72.9	25.1	7.8	2.5	1.7					1.2
Single Serving Total:			110	277	36.4	12.6	3.9	1.2	.8					.6

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
VEAL SHANK, RAW, SLF				12.5	3.8		1.2	270				.3	1	26.8
WHEAT FLOUR, WHITE, ALL PURPOSE			.1	.1			.0					.0	.0	.3
OLIVE OIL				1	.1		.1							
ONION, RAW	.0		1.4	.1	.0						2	.0	.0	.1
TOMATO PASTE, CANNED, NO SALT		.0	.5	.1	.0		.0			8.1	162.7		.0	.3
WINE, ROSE TABLE									1.8					.0
VEGETABLE BEEF BROTH SOUP, CONDENSED			.3	1.3	.3	.1	.5	1.6		69.1	1393	.0	.0	.6
Recipe Total:	.0	.0	2.3	15	4.3	.1	1.8	271.6	1.8	77.2	1557.6	.4	1.1	28.2
Single Serving Total:		.0	1.2	7.5	2.1	.0	.9	135.8	.9	38.6	778.8	.2	.5	14.1

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
VEAL SHANK, RAW, SLF	4.6	1.6	54	54		54	4.9						72	75.6
WHEAT FLOUR, WHITE, ALL PURPOSE	.0		9.5	1.5	8	15.2							.8	1.1
OLIVE OIL											.1		.0	
ONION, RAW	.1	.1	19	19		19			6.4		.0		22	10
TOMATO PASTE, CANNED, NO SALT	.0	.0	1.3	1.3		1.3			2.3		.5		3.8	4.5
WINE, ROSE TABLE			.2	.2		.2							1.6	2
VEGETABLE BEEF BROTH SOUP, CONDENSED	.2	.0	6.4	6.4		6.4			1.6		.4		11.2	4.8

Veal Shanks (continued)

Recipe Total:	5	1.8	90.4	82.4	8	96.1	4.9		10.3		1	111.4	98
Single Serving Total:	2.5	.9	45.2	41.2	4	48	2.4		5.2		.5	55.7	49

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
VEAL SHANK, RAW, SLF	687.6	1130.4	302.4			.3			2.7	.0		28.4	14.4
WHEAT FLOUR, WHITE, ALL PURPOSE	5.6	5.6	.1						.2	.0		1.8	.0
OLIVE OIL		.0	.0										
ONION, RAW	27	144	3			.0			.2	.1		.5	.2
TOMATO PASTE, CANNED, NO SALT	8.9	108.2	10.5			.0			.3	.0		.6	.1
WINE, ROSE TABLE	2.9	19.4	1						.1	.0		.0	.0
VEGETABLE BEEF BROTH SOUP, CONDENSED	25.7	128.5	539.8			.1			.6	.2		1.8	.5
Recipe Total:	757.7	1536.1	856.8			.5			4.2	.5		33.1	15.2
Single Serving Total:	378.9	768	428.4			.2			2.1	.2		16.5	7.6