

Veal Parmesan

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/veal-parmesan-recipe-italian>

Ingredients:

- 14 ounces tomato sauce
- 14 ounces diced tomatoes
- 4 garlic cloves peeled
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 1 pound veal cutlets
- 3 eggs
- 2/3 cup flour
- 1 cup bread crumbs
- 1/2 teaspoon salt
- 1/4 teaspoon granulated garlic
- 2 tablespoons shredded Parmesan
- 1/2 cup shredded mozzarella
- 1 tablespoon chopped fresh basil

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 170 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 970 milligrams
9. Sugar: 9 grams

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