

# Italian Braised Rose Veal and Vegetables

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-rose-garlic-spread-recipe>

## Ingredients:

- 1/4 cup all purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 veal shank rose
- 1 tablespoon butter
- 2 tablespoons oil
- 1 onion finely chopped
- 2 carrots diced
- 1 stick celery finely chopped
- 4 large potato diced
- 2 cloves garlic crushed
- 1/2 cup dry white wine
- 1/2 cup veal stock or vegetable stock
- 14 plum tomato canned
- 2 teaspoons rosemary chopped
- 2 bay leaves
- rosemary
- oregano

## Nutrition:

1. Calories: 940 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 305 milligrams
4. Fat: 23 grams
5. Fiber: 13 grams
6. Protein: 87 grams
7. SaturatedFat: 7 grams

8. Sodium: 760 milligrams
  9. Sugar: 13 grams
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