

# Veal Piccata

Yield: 6 min  
Total Time: 35 min

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

## Ingredients:

- 3 ounces veal top round cutlets, or chicken breast or turkey cutlets, pounded until 1/4-inch thick\*
- ground black pepper
- kosher salt
- 1/2 cup all purpose flour
- 4 tablespoons unsalted butter plus more as needed
- 2 tablespoons olive oil plus more as needed
- 1/2 cup dry white wine
- 1 1/4 cups homemade chicken stock or canned chicken broth
- 1 lemon preferably organic, thinly sliced and seeded
- 1 tablespoon lemon juice freshly squeezed
- 1/4 cup capers drained
- 2 tablespoons flat leaf parsley chopped

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 35 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 6 grams
8. Sodium: 390 milligrams
9. Sugar: 1 grams

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