



Argentinean Stuffed Flank Steak

 **Gluten Free**  **Dairy Free**

READY IN



200 min.

SERVINGS



20

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer bacon chopped
- 1 bay leaf
- 2 cups no-salt-added beef broth
- 2 lb beef flank steak
- 1 cup parsley fresh chopped
- 3 cloves garlic minced
- 0.5 cup a.1. original sauce
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft

- 1 medium onion chopped
- 0.5 cup poblano peppers chopped
- 1 medium potatoes unpeeled cut into thin strips

Equipment

- frying pan
- plastic wrap
- ziploc bags
- rolling pin
- cutting board
- meat tenderizer
- kitchen twine

Directions

- Place steak in shallow glass dish or large resealable plastic bag. Top with onions and steak sauce; cover. Refrigerate at least 1 hour to marinate.
- Remove steak from marinade; reserve marinade for later use.
- Place steak on cutting board; cover with plastic wrap. Pound with rolling pin or meat mallet until slightly flattened.
- Remove plastic wrap.
- Combine dressing, parsley and garlic; spread evenly onto steak. Top with peppers and potatoes.
- Roll up tightly, starting at one of the short ends. Tie securely with kitchen string at 2-inch intervals.
- Cook bacon in large skillet on medium heat.
- Remove bacon from skillet, reserving drippings in skillet. Set bacon aside.
- Add steak to skillet; cook until browned on all sides, turning occasionally.
- Add broth, bay leaf and reserved marinade; bring to boil. Reduce heat to low; cover. Simmer 1 hour or until steak is cooked through and potatoes are tender, turning every 15 min.
- Transfer steak to cutting board; let stand 10 min.

- Remove string; cut steak into 1/2-inch-thick slices.
- Remove and discard bay leaf. Spoon broth mixture over steak slices; sprinkle with the reserved bacon.

Nutrition Facts

PROTEIN 35.53% **FAT 49.45%** **CARBS 15.02%**

Properties

Glycemic Index:9.14, Glycemic Load:1.56, Inflammation Score:-4, Nutrition Score:9.6391304809114%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 146.27kcal (7.31%), Fat: 7.86g (12.1%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.87g (1.77%), Sugar: 2.44g (2.71%), Cholesterol: 37.67mg (12.56%), Sodium: 337.3mg (14.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.43%), Vitamin K: 53.54µg (50.99%), Selenium: 17.1µg (24.43%), Vitamin B6: 0.38mg (19.16%), Vitamin B3: 3.69mg (18.45%), Vitamin C: 12.71mg (15.4%), Zinc: 2.22mg (14.83%), Phosphorus: 126.08mg (12.61%), Vitamin B12: 0.65µg (10.78%), Potassium: 284.08mg (8.12%), Iron: 1.23mg (6.86%), Vitamin A: 271.73IU (5.43%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.9%), Vitamin B5: 0.44mg (4.43%), Magnesium: 17.64mg (4.41%), Copper: 0.07mg (3.57%), Folate: 14.17µg (3.54%), Manganese: 0.05mg (2.52%), Vitamin E: 0.33mg (2.18%), Fiber: 0.5g (2%), Calcium: 19.32mg (1.93%)