



Argentinean-Style Pot Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby spinach leaves loosely packed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pound flank steak trimmed
- ☐ 5 garlic cloves minced
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 1.5 cups onion chopped (1 medium)
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.3 teaspoon paprika smoked spanish

- ☐ 1 cup bell pepper red chopped (1 small)
- ☐ 1.5 teaspoons salt
- ☐ 1 cup argentinean malbec dry red
- ☐ 1 cup argentinean malbec dry red

Equipment

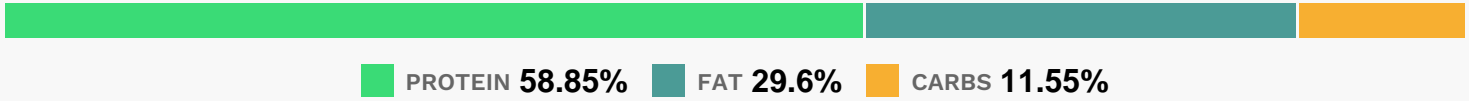
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Cut horizontally through center of steak, cutting to, but not through, other side using a sharp knife; open flat as you would a book.
- ☐ Combine salt, pepper, and paprika, stirring well; rub surface of both sides of steak with salt mixture.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and bell pepper; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Add spinach; saut 30 seconds or until wilted.
- ☐ Spread onion mixture over steak, leaving a 1/2-inch margin around outside edges; fold top over onion mixture, and secure with wooden picks.
- ☐ Wipe pan with paper towels; place over medium-high heat. Recoat pan with cooking spray.
- ☐ Add steak to pan; cook 5 minutes.
- ☐ Add wine and broth to pan; bring to a simmer. Cover and bake at 350 for 45 minutes or until steak is tender.
- ☐ Remove steak from pan. Cover and keep warm.

- ☐
- Place pan over medium–high heat; bring to a boil. Cook until reduced to 1 cup (about 10 minutes). Thinly slice steak; serve with sauce.
- ☐
- Sprinkle with oregano.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:1.08, Inflammation Score:–8, Nutrition Score:17.689130389172%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 180.97kcal (9.05%), Fat: 5.82g (8.95%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.84g (1.4%), Sugar: 2.12g (2.36%), Cholesterol: 68.04mg (22.68%), Sodium: 595.4mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Selenium: 33.98µg (48.55%), Vitamin B6: 0.82mg (40.92%), Vitamin K: 40.46µg (38.53%), Vitamin B3: 7.37mg (36.83%), Vitamin C: 28.76mg (34.86%), Zinc: 4.51mg (30.1%), Vitamin A: 1322.91IU (26.46%), Phosphorus: 249.91mg (24.99%), Potassium: 624.7mg (17.85%), Vitamin B12: 1.03µg (17.2%), Iron: 2.25mg (12.48%), Folate: 44.26µg (11.06%), Vitamin B2: 0.17mg (10.17%), Manganese: 0.2mg (10.06%), Magnesium: 37.59mg (9.4%), Vitamin B5: 0.83mg (8.32%), Vitamin B1: 0.12mg (7.73%), Copper: 0.12mg (5.85%), Vitamin E: 0.85mg (5.65%), Fiber: 1.27g (5.06%), Calcium: 47.8mg (4.78%)