



Beef Birds: Uccelletti Scappati

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



502 kcal

SIDE DISH

Ingredients

- 0.8 inch eye-round beef thick
- 12 slices round peasant bread italian cut into cubes
- 6 servings olive oil extra-virgin
- 0.5 pound pancetta cut into 1-inch cubes
- 12 slices pancetta
- 12 sage leaves
- 6 servings salt and pepper to taste

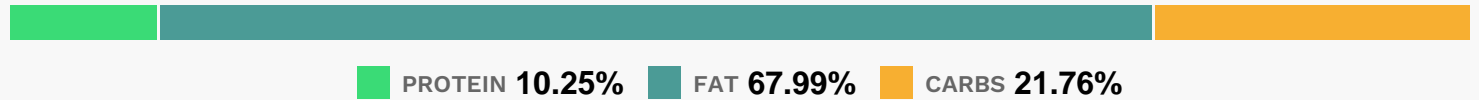
Equipment

- grill
- broiler
- wooden skewers

Directions

- Preheat the grill or broiler.
- Cover each slice of beef with a slice of prosciutto, place a sage leaf in the middle of each slice of prosciutto, and roll up, securing the rolls on wooden skewers, alternated with chunks of bread and pancetta cubes.
- Brush the meat with the olive oil, season with salt and pepper and cook on the grill or under the broiler until the beef is cooked through.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:14.29, Inflammation Score:-2, Nutrition Score:12.224347785115%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 502.11kcal (25.11%), Fat: 37.91g (58.32%), Saturated Fat: 9.48g (59.27%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 25.06g (9.11%), Sugar: 3.21g (3.57%), Cholesterol: 35.7mg (11.9%), Sodium: 815.28mg (35.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.71%), Selenium: 27.03µg (38.61%), Manganese: 0.68mg (34.1%), Vitamin B3: 5.32mg (26.58%), Vitamin B1: 0.38mg (25.28%), Copper: 0.35mg (17.6%), Vitamin E: 2.35mg (15.7%), Phosphorus: 150.42mg (15.04%), Iron: 2.33mg (12.96%), Folate: 47.64µg (11.91%), Vitamin B2: 0.19mg (10.9%), Vitamin K: 11.18µg (10.64%), Vitamin B6: 0.21mg (10.37%), Fiber: 2.25g (8.98%), Zinc: 1.23mg (8.22%), Vitamin B5: 0.76mg (7.59%), Magnesium: 29.64mg (7.41%), Calcium: 73.54mg (7.35%), Potassium: 187.09mg (5.35%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.22µg (1.43%)