



## Beef Braciola

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon pepper black
- 1.5 cups caesar salad-flavored croutons restaurant-style
- 3 large egg whites
- 1.3 pound flank steak trimmed
- 1.5 teaspoons garlic minced
- 26 ounce tomatoes (such as Newman's Own)
- 0.3 cup parmesan cheese grated
- 6 sprigs parsley

## Equipment

- food processor
- frying pan
- blender
- plastic wrap
- rolling pin
- slow cooker
- meat tenderizer
- kitchen twine

## Directions

- Place steak between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- Place croutons and next 4 ingredients in a food processor or blender; process until mixture forms a paste.
- Spread mixture evenly over steak to within 1/2 inch of edges.
- Roll up steak, beginning with a narrow end, and tie with kitchen twine.
- Sprinkle evenly with pepper.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add steak roll, and cook 8 minutes or until browned, turning occasionally.
- Pour sauce into a 3-quart electric slow cooker; top with steak roll. Cover and cook on HIGH 1 hour. Reduce heat to LOW; cook 5 hours or until steak is tender.
- Cut braciola into 10 slices.
- Serve with marinara sauce.
- Beef brachiola (brah-chee-OH-lah) refers to a cut of meat, usually flank steak, that is topped with breadcrumbs, cheese, and herbs before it is rolled up and slowly baked.

## Nutrition Facts



■ PROTEIN 20.78% ■ FAT 71.63% ■ CARBS 7.59%

## Properties

Glycemic Index:27.8, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:24.410869616529%

## Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 613.48kcal (30.67%), Fat: 48.78g (75.05%), Saturated Fat: 9.65g (60.3%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.95g (3.26%), Sugar: 7.39g (8.22%), Cholesterol: 101.33mg (33.78%), Sodium: 1762.31mg (76.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.85g (63.69%), Vitamin K: 99.65µg (94.9%), Selenium: 41.9µg (59.85%), Vitamin B6: 0.87mg (43.37%), Vitamin B3: 8.6mg (43%), Vitamin E: 5.84mg (38.93%), Zinc: 5.07mg (33.77%), Phosphorus: 329.89mg (32.99%), Potassium: 902.42mg (25.78%), Iron: 4.08mg (22.65%), Vitamin B2: 0.35mg (20.34%), Vitamin B12: 1.16µg (19.35%), Vitamin A: 822.22IU (16.44%), Vitamin C: 12.41mg (15.04%), Calcium: 142.78mg (14.28%), Copper: 0.27mg (13.69%), Magnesium: 54.15mg (13.54%), Vitamin B5: 1.3mg (13.01%), Manganese: 0.25mg (12.37%), Fiber: 2.67g (10.69%), Vitamin B1: 0.13mg (8.65%), Folate: 32.5µg (8.12%)