



Beef Braciolo

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

Ingredients

- 0.5 cup bread crumbs plain dry
- 24 ounce veggie smart smooth & simple sauce italian prego®
- 1 tablespoon olive oil
- 1 medium onion diced
- 1 medium bell pepper diced red
- 8 slices top round beef) for braciolo (2 oz. each thin

Equipment

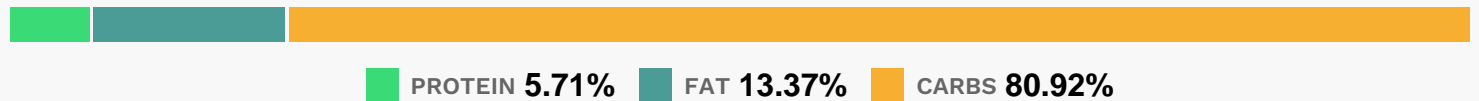
- frying pan

toothpicks

Directions

- Heat half the oil in a 10-inch skillet over medium heat.
- Add the pepper and onion and cook until the vegetables are tender, stirring occasionally. Stir in the bread crumbs.
- Remove the skillet from the heat.
- Spread 1/2 cup vegetable mixture onto each beef slice.
- Roll up the beef around the filling and secure with toothpicks.
- Heat the remaining oil in the skillet over medium-high heat.
- Add the beef rolls and cook until well browned on all sides. Stir in the sauce, scraping up the browned bits from the bottom of the skillet. Reduce the heat to low. Cook for 20 minutes or until the beef is fork-tender.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:7.2973912280539%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 313.1kcal (15.65%), Fat: 4.57g (7.03%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 62.22g (20.74%), Net Carbohydrates: 60.52g (22.01%), Sugar: 42.54g (47.27%), Cholesterol: 1.22mg (0.41%), Sodium: 2143.63mg (93.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin C: 40.12mg (48.62%), Vitamin A: 932.02IU (18.64%), Vitamin B1: 0.16mg (10.74%), Manganese: 0.19mg (9.66%), Folate: 33.63µg (8.41%), Vitamin B6: 0.15mg (7.47%), Fiber: 1.7g (6.8%), Vitamin B3: 1.36mg (6.78%), Vitamin E: 1mg (6.64%), Selenium: 4.21µg (6.01%), Vitamin B2: 0.09mg (5.3%), Iron: 0.9mg (4.98%), Vitamin K: 4.59µg (4.37%), Phosphorus: 42.47mg (4.25%), Potassium: 136.88mg (3.91%), Calcium: 33.59mg (3.36%), Magnesium: 12.63mg (3.16%), Zinc: 0.41mg (2.72%),

Copper: 0.05mg (2.62%), Vitamin B5: 0.22mg (2.16%), Vitamin B12: 0.07µg (1.24%)