



Beef Carpaccio Rolls with Arugula, Manchego Cheese and Balsamic Glaze

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



342 kcal

Ingredients

- ☐ 0.3 pound arugula cleaned
- ☐ 6 servings balsamic reduction
- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 cups balsamic vinegar
- ☐ 12 slices beef round paper thin
- ☐ 1 teaspoon honey
- ☐ 12 slices manchego cheese paper thin
- ☐ 2 teaspoons olive oil

☐ 6 servings salt and pepper freshly ground

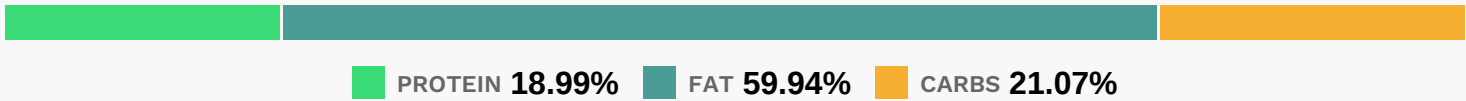
Equipment

☐ sauce pan

Directions

- ☐ Bring balsamic vinegar to a boil in a medium saucepan over medium-high heat and reduce it to 1/2 cup, stir in the honey.
- ☐ Let cool.
- ☐ Toss arugula with vinegar and oil and season with salt and pepper to taste.
- ☐ Lay out 1 slice of beef on a flat surface.
- ☐ Place 1 slice of cheese and two tablespoons of the arugula in the middle of the beef and roll up tightly. Repeat with the remaining beef.
- ☐ Place on platter and drizzle with balsamic reduction.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:8.09, Inflammation Score:-5, Nutrition Score:6.5034783767617%

Flavonoids

Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg, Kaempferol: 6.59mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 341.91kcal (17.1%), Fat: 21.55g (33.16%), Saturated Fat: 14.23g (88.96%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 16.75g (6.09%), Sugar: 14.65g (16.28%), Cholesterol: 61.16mg (20.39%), Sodium: 560.17mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.37g (30.73%), Calcium: 653.69mg (65.37%), Vitamin K: 21.43µg (20.41%), Vitamin A: 756.49IU (15.13%), Manganese: 0.18mg (8.86%), Iron: 0.96mg (5.35%), Potassium: 175.41mg (5.01%), Magnesium: 19.91mg (4.98%), Folate: 18.62µg (4.65%), Vitamin C: 2.84mg (3.44%), Phosphorus: 30.83mg (3.08%), Copper: 0.04mg (1.98%), Vitamin E: 0.28mg (1.86%), Zinc: 0.25mg (1.63%), Vitamin B6: 0.03mg (1.36%), Fiber: 0.3g (1.22%), Vitamin B2: 0.02mg (1.17%)