



Beef Rolls: Bracioline



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



329 kcal

Ingredients

- ☐ 8 beef cutlets boneless thin (from the eye-round)
- ☐ 2 cups tomatoes canned coarsely chopped
- ☐ 1 tablespoon capers salted rinsed drained
- ☐ 1 carrots roughly chopped
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 clove garlic sliced finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion coarsely chopped
- ☐ 8 slices pancetta finely chopped thin

- ☐ 1 bunch parsley italian finely chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper
- ☐ 3 ounces caciocavallo cut into matchsticks
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Equipment

- ☐ frying pan
- ☐ toothpicks
- ☐ kitchen twine

Directions

- ☐ Lay a slice of pancetta across each beef cutlet, then sprinkle each with a little finely chopped garlic and some finely chopped parsley.
- ☐ Add a few capers and 1 or 2 pieces of cheese to each cutlet.
- ☐ Roll each cutlet and secure with a toothpick or tie with twine.
- ☐ In a deep skillet over medium-high heat, brown the beef rolls on all sides in the olive oil.
- ☐ Remove to a plate as they brown and set aside.
- ☐ Add the chopped pancetta to the pan, along with the onion, sliced garlic, and carrot. Lower the heat to medium-low and cook, stirring occasionally, until the vegetables are soft but not brown.
- ☐ Add the wine, increase the heat slightly, and cook, scraping any brown bits from the bottom of the pan. When the wine is reduced by half, add the tomatoes and continue cooking for 5 minutes, to reduce and thicken tomatoes into a sauce.
- ☐ Stir the pepper flakes into the sauce and add the beef rolls, spooning sauce over to cover well. Season with salt and pepper and reduce the heat to medium-low. Cover the pan and cook 25 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:3.74, Inflammation Score:-10, Nutrition Score:19.476086844569%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 329.46kcal (16.47%), Fat: 25.59g (39.36%), Saturated Fat: 5.83g (36.47%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 11.53g (4.19%), Sugar: 7.37g (8.19%), Cholesterol: 19.9mg (6.63%), Sodium: 619.69mg (26.94%), Alcohol: 3.15g (100%), Alcohol %: 1.57% (100%), Protein: 6.88g (13.76%), Vitamin K: 251.17µg (239.21%), Vitamin A: 4096.1IU (81.92%), Vitamin C: 33.34mg (40.41%), Vitamin E: 3.91mg (26.08%), Vitamin B6: 0.34mg (17.22%), Potassium: 592.12mg (16.92%), Manganese: 0.32mg (16.18%), Iron: 2.88mg (16%), Vitamin B3: 3.11mg (15.53%), Fiber: 3.83g (15.32%), Copper: 0.29mg (14.28%), Vitamin B1: 0.21mg (13.76%), Folate: 46.21µg (11.55%), Phosphorus: 105.88mg (10.59%), Magnesium: 40.83mg (10.21%), Selenium: 7µg (10%), Calcium: 77.16mg (7.72%), Vitamin B2: 0.12mg (7.34%), Zinc: 1mg (6.69%), Vitamin B5: 0.64mg (6.42%), Vitamin B12: 0.18µg (3.05%)