



Beef Rolls with Parmesan, Pine Nuts, Olives, and Capers

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup breadcrumbs fresh italian
- ☐ 1 tablespoon capers drained chopped
- ☐ 4 tablespoons parsley fresh finely chopped
- ☐ 2 large garlic clove peeled smashed
- ☐ 0.3 cup olive green pitted chopped
- ☐ 4.5 tablespoons olive oil
- ☐ 0.3 cup parmesan finely grated

- ☐ 4 tablespoons pinenuts
- ☐ 1.5 lb plum tomatoes fresh coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 lb top round boneless (1/)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ kitchen twine

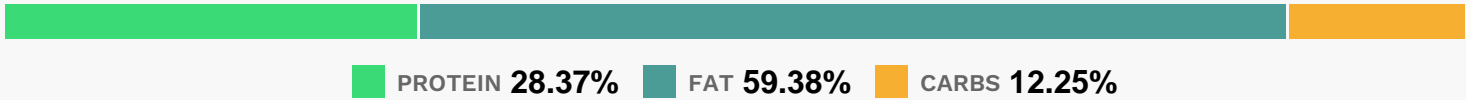
Directions

- ☐ Cook tomatoes with garlic, salt, and 1/8 teaspoon pepper in 2 tablespoons oil in a 2-quart heavy saucepan over moderately high heat, stirring occasionally, until tomatoes have broken down and sauce is thickened, 8 to 12 minutes.
- ☐ While tomatoes are cooking, pulse olives, capers, and 2 tablespoons pine nuts in a food processor until coarsely chopped and transfer to a bowl. Stir in bread crumbs, cheese, 2 tablespoons parsley, 1 tablespoon oil, and remaining 1/8 teaspoon pepper.
- ☐ Pulse tomato sauce in cleaned processor until coarsely puréed, then return to saucepan and keep warm.
- ☐ Pound meat between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin until 1/8 inch thick, then cut each piece in half crosswise.
- ☐ Sprinkle 1 piece of beef evenly with one fourth of filling. Starting with a long side, roll up beef, then tie in 3 places with kitchen string. Season beef roll well with salt and pepper. Make 3 more rolls with remaining beef and filling.
- ☐ Heat remaining 1 1/2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until just beginning to smoke, then cook beef rolls, turning, until well browned on outside, 3 to 4

minutes for medium-rare.

- ☐ Let beef stand 5 minutes.
- ☐ Cut off kitchen string and halve each roll diagonally.
- ☐ Spoon sauce onto 4 plates, then top with beef and sprinkle with remaining 2 tablespoons each of pine nuts and parsley.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:30.827390972687%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 463.52kcal (23.18%), Fat: 31.04g (47.76%), Saturated Fat: 5.71g (35.69%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 11.07g (4.02%), Sugar: 5.44g (6.04%), Cholesterol: 74.84mg (24.95%), Sodium: 643.25mg (27.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.37g (66.73%), Vitamin K: 96.74µg (92.13%), Manganese: 1.2mg (60.15%), Selenium: 40.17µg (57.38%), Vitamin B3: 9.82mg (49.12%), Vitamin B6: 0.96mg (47.89%), Zinc: 6.52mg (43.44%), Phosphorus: 426.77mg (42.68%), Vitamin A: 1869.64IU (37.39%), Vitamin C: 29.26mg (35.46%), Vitamin E: 4.95mg (33.01%), Vitamin B12: 1.65µg (27.57%), Potassium: 942.25mg (26.92%), Iron: 4.1mg (22.8%), Magnesium: 83.22mg (20.8%), Copper: 0.41mg (20.34%), Vitamin B1: 0.28mg (18.99%), Calcium: 170.26mg (17.03%), Vitamin B2: 0.29mg (16.82%), Folate: 59.54µg (14.88%), Fiber: 3.35g (13.38%), Vitamin B5: 1.06mg (10.57%)