



Bob's Slow Cooker Braciole

READY IN



390 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon
- 0.5 cup bread crumbs dry
- 2 eggs beaten
- 1.5 pound flank steak
- 6 servings ground pepper black
- 1 cup cheese blend shredded italian
- 1 teaspoon kosher salt
- 52 ounce tomatoes
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- toothpicks
- slow cooker

Directions

- Pour the marinara sauce into the slow cooker and set on High to warm.
- Combine the eggs and the breadcrumbs in a small bowl.
- Sprinkle both sides of the meat with salt and pepper. Pat the breadcrumb mixture over one side of the flank steak, leaving about a one inch border around edges. Top breadcrumbs with the bacon slices; sprinkle with shredded cheese. Starting from one long side, tightly roll flank steak into a log. Use string or toothpicks to secure the log in 4 or 5 places.
- Heat oil in a heavy skillet. Sear the stuffed flank steak in the hot oil until well browned on all sides, about 10 minutes.
- Transfer the meat to the warm sauce in the slow cooker. Spoon sauce over meat to cover.
- Turn slow cooker to Low; cook meat until very tender, 6 to 8 hours.
- Remove string/toothpicks before slicing.
- Serve with marinara.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:4.22, Inflammation Score:-8, Nutrition Score:25.128695674565%

Nutrients (% of daily need)

Calories: 447.54kcal (22.38%), Fat: 24.76g (38.09%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 16.47g (5.99%), Sugar: 9.36g (10.4%), Cholesterol: 138.43mg (46.14%), Sodium: 1855.84mg (80.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.29g (74.58%), Selenium: 45.39µg (64.84%), Vitamin B3: 10.84mg (54.21%), Vitamin B6: 1.01mg (50.59%), Phosphorus: 365.85mg (36.59%), Zinc: 5.42mg

(36.15%), Potassium: 1191.99mg (34.06%), Vitamin E: 4.48mg (29.86%), Iron: 4.89mg (27.14%), Vitamin B2: 0.41mg (24.03%), Vitamin A: 1150.39IU (23.01%), Vitamin B12: 1.29µg (21.43%), Vitamin C: 17.2mg (20.85%), Copper: 0.41mg (20.41%), Vitamin B1: 0.28mg (18.95%), Manganese: 0.38mg (18.9%), Vitamin B5: 1.85mg (18.51%), Magnesium: 69.81mg (17.45%), Vitamin K: 17.38µg (16.55%), Fiber: 4.12g (16.46%), Folate: 53.39µg (13.35%), Calcium: 121.83mg (12.18%), Vitamin D: 0.37µg (2.44%)