



## Bon Appetit's Braciolo

 Gluten Free

READY IN



180 min.

SERVINGS



16

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 leaf flat parsley italian chopped
- 4 cloves garlic minced
- 6 hard-cooked eggs sliced
- 1 tablespoon olive oil extra-virgin
- 1 cup pecorino romano cheese grated locatelli® (such as )
- 12 ounce pork cutlets boneless
- 8 ounces genoa salami thinly sliced
- 12 ounce top round beef cutlets

- 6 cups as desired for recipe link (see note )
- 16 servings kitchen twine
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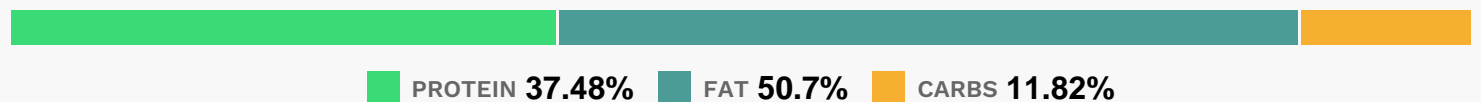
## Equipment

- frying pan
- meat tenderizer
- kitchen twine

## Directions

- Place pork between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the pork with the smooth side of a meat mallet to a thickness of 1/8 inch (1/3 cm). Pound beef to the same thickness.
- Lay the meats out on a work surface with the short side facing you and top them with layers of salami, eggs, parsley, minced garlic, and Pecorino Romano cheese.
- Roll up the meats to form short, fat rolls with a lot of stuffing; secure them with twine.
- Roll them tightly to prevent the stuffing from escaping. Refrigerate until your pasta sauce is simmering and you're ready to brown the meat.
- Heat olive oil in a skillet over medium-high heat. Pan-fry the rolls on each side until brown, about 5 minutes per side. (Cook the bracirole in batches if they won't all fit in the skillet.)
- Bring spaghetti sauce to a simmer over low heat and cook bracirole in the sauce until tender, about 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:10.13, Glycemic Load:1.77, Inflammation Score:-5, Nutrition Score:13.106086813885%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:

0.01mg

## Nutrients (% of daily need)

Calories: 196.3kcal (9.81%), Fat: 11.05g (17%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.53g (3.93%), Cholesterol: 114.64mg (38.21%), Sodium: 878.29mg (38.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Selenium: 25.06µg (35.8%), Vitamin B6: 0.51mg (25.52%), Vitamin B3: 4.95mg (24.74%), Phosphorus: 235.58mg (23.56%), Vitamin B1: 0.34mg (22.51%), Vitamin B12: 1.07µg (17.84%), Vitamin B2: 0.3mg (17.55%), Zinc: 2.47mg (16.5%), Potassium: 520.4mg (14.87%), Vitamin E: 1.75mg (11.65%), Vitamin A: 526.59IU (10.53%), Iron: 1.89mg (10.48%), Vitamin B5: 1.03mg (10.3%), Calcium: 97.77mg (9.78%), Copper: 0.17mg (8.49%), Vitamin C: 6.75mg (8.18%), Magnesium: 32.61mg (8.15%), Manganese: 0.13mg (6.58%), Fiber: 1.4g (5.58%), Folate: 20.33µg (5.08%), Vitamin K: 4.59µg (4.37%), Vitamin D: 0.51µg (3.38%)