

Braccialoni

 Dairy Free

READY IN



215 min.

SERVINGS



8

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 hard-cooked eggs chopped
- 0.5 cup seasoned bread crumbs italian
- 2 tablespoons olive oil
- 8 ounces pancetta thinly sliced
- 2 pound round steak boneless
- 16 ounce pasta like spaghetti uncooked
- 32 ounce spaghetti sauce

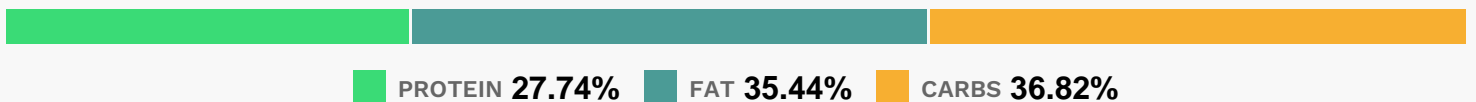
Equipment

- sauce pan
- pot
- kitchen twine

Directions

- Pound meat as thin as possible, hopefully 1/4 inch thick.
- Drizzle or brush with 1 tablespoon of olive oil, then sprinkle with a thin layer of bread crumbs.
- Layer the prosciutto over the crumbs, and sprinkle with remaining bread crumbs, and chopped hard-cooked eggs.
- Roll the meat up into a tight spiral, and secure with kitchen twine.
- Heat 2 tablespoons of olive oil in a large saucepan, or stock pot over medium-high heat. Sear the outside of the roast on all sides.
- Pour spaghetti sauce over the roast, and reduce heat to medium-low. Cover and simmer for 2 to 3 hours, stirring occasionally.
- Remove meat from the sauce to a serving platter, and let stand for 15 minutes. Bring a large pot of lightly salted water to a boil.
- Add spaghetti, and cook until tender, about 7 minutes.
- Drain.
- Carve the meat into slices about 1/2 inch thick.
- Serve with spaghetti and sauce.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:18.96, Inflammation Score:-7, Nutrition Score:27.291304132213%

Nutrients (% of daily need)

Calories: 593.58kcal (29.68%), Fat: 23.11g (35.55%), Saturated Fat: 6.82g (42.66%), Carbohydrates: 54g (18%), Net Carbohydrates: 50.12g (18.22%), Sugar: 6.12g (6.8%), Cholesterol: 136.85mg (45.62%), Sodium: 908.99mg (39.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.69g (81.39%), Selenium: 80.35µg (114.78%), Vitamin B3: 11.52mg (57.62%), Vitamin B6: 1.05mg (52.51%), Phosphorus: 465.12mg (46.51%), Zinc: 6.49mg (43.24%), Vitamin

B12: 2.45µg (40.83%), Manganese: 0.74mg (36.87%), Potassium: 951.63mg (27.19%), Iron: 4.88mg (27.13%), Vitamin B2: 0.41mg (24.16%), Vitamin B1: 0.34mg (22.97%), Copper: 0.44mg (22.03%), Magnesium: 83.51mg (20.88%), Vitamin E: 2.81mg (18.73%), Vitamin B5: 1.74mg (17.39%), Fiber: 3.88g (15.53%), Folate: 49.58µg (12.39%), Vitamin A: 580.98IU (11.62%), Vitamin C: 8.14mg (9.87%), Vitamin K: 10.19µg (9.7%), Calcium: 71.81mg (7.18%), Vitamin D: 0.5µg (3.35%)