



## Braciola

READY IN



165 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup breadcrumbs fresh french
- 1 teaspoon parsley dried
- 0.5 teaspoon rosemary dried
- 0.5 teaspoon thyme leaves dried
- 1 pound flank steak lean
- 1 garlic clove minced
- 14 ounce less sodium chicken broth fat-free divided canned
- 1 tablespoon olive oil

- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried
- 3 tablespoons parmesan cheese fresh shredded
- 1 tablespoon pinenuts toasted
- 3 tablespoons raisins
- 0.3 teaspoon salt
- 8 ounce roasted garlic tomato sauce canned
- 16 ounce no-salt-added tomato sauce canned

## Equipment

- bowl
- frying pan
- rolling pin
- meat tenderizer
- kitchen twine

## Directions

- Place flank steak on a large chopping block; pound steak to 1/4-inch thickness using a meat mallet or rolling pin.
- Combine onion and next 11 ingredients in a bowl; stir in 1/3 cup chicken broth.
- Spread stuffing over flank steak to within 1/2 inch of edges.
- Roll up steak, jelly-roll fashion, starting with 1 long side. Secure steak at 2-inch intervals with twine.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add steak roll; cook 8 minutes, browning on all sides.
- Add remaining chicken broth and 3 cans tomato sauce.
- . Bring to a boil; cover, reduce heat, and simmer 2 hours, turning steak over once.
- Cut braciola into 4 slices.

## Nutrition Facts

PROTEIN 35.59% FAT 34.11% CARBS 30.3%

## Properties

Glycemic Index:84.95, Glycemic Load:8.19, Inflammation Score:-8, Nutrition Score:23.192173662393%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 345.04kcal (17.25%), Fat: 13.42g (20.65%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 22.56g (8.2%), Sugar: 7.59g (8.44%), Cholesterol: 70.59mg (23.53%), Sodium: 1155.43mg (50.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.03%), Vitamin B3: 10.85mg (54.25%), Selenium: 37.34µg (53.34%), Vitamin B6: 0.94mg (46.76%), Phosphorus: 372.62mg (37.26%), Zinc: 5.26mg (35.07%), Potassium: 1140.52mg (32.59%), Manganese: 0.59mg (29.35%), Iron: 4.72mg (26.21%), Vitamin E: 3.59mg (23.95%), Copper: 0.43mg (21.46%), Vitamin B2: 0.35mg (20.32%), Vitamin B12: 1.2µg (20%), Vitamin C: 14.36mg (17.4%), Magnesium: 69.14mg (17.28%), Fiber: 4.26g (17.06%), Vitamin A: 777.56IU (15.55%), Vitamin B1: 0.22mg (14.86%), Vitamin K: 14.42µg (13.74%), Vitamin B5: 1.34mg (13.41%), Calcium: 125.33mg (12.53%), Folate: 43.59µg (10.9%)