



Braciola I

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 teaspoons butter
- 2 cloves garlic minced
- 6 ounces mozzarella cheese
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 0.3 cup raisins
- 4 servings salt and pepper to taste
- 32 ounce pasta sauce

1 pound top round

Equipment

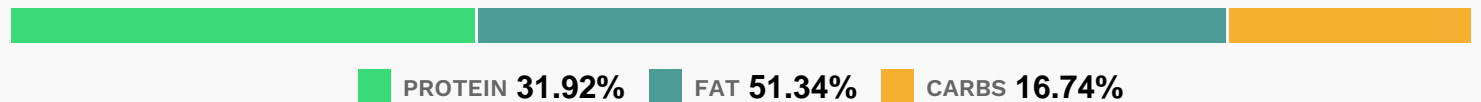
frying pan

cleaver

Directions

- Cut the steak into 4 to 6 pieces and pound each piece thinly with a mallet or the side of a cleaver.
- Place a slice of mozzarella cheese and 1 teaspoon of butter on each piece, then sprinkle each piece with Parmesan cheese, garlic, and raisins, and season with salt and pepper.
- Roll each piece tightly and tie securely with string.
- Heat olive oil in a medium skillet over medium high heat.
- Saute each roll in the oil for 5 to 10 minutes, or until browned on all sides.
- Drop these rolls into your favorite simmering tomato sauce for 1 1/2 hours, or until tender.
- Remove from sauce, cool slightly and remove the strings before serving.

Nutrition Facts



Properties

Glycemic Index:52.7, Glycemic Load:8.1, Inflammation Score:-8, Nutrition Score:28.413043359052%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 508.09kcal (25.4%), Fat: 29.48g (45.35%), Saturated Fat: 13.12g (82.03%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 17.57g (6.39%), Sugar: 8.54g (9.49%), Cholesterol: 126.14mg (42.05%), Sodium: 1805mg (78.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.23g (82.46%), Selenium: 48.02µg (68.6%), Phosphorus: 529.51mg (52.95%), Vitamin B6: 1.05mg (52.53%), Vitamin B3: 10.21mg (51.07%), Zinc: 7.32mg (48.83%), Vitamin B12: 2.63µg (43.76%), Calcium: 352.36mg (35.24%), Potassium: 1226.9mg (35.05%), Vitamin E:

4.9mg (32.67%), Vitamin A: 1529.14IU (30.58%), Vitamin B2: 0.48mg (28.46%), Iron: 4.94mg (27.44%), Copper: 0.42mg (21.11%), Vitamin C: 16.83mg (20.4%), Magnesium: 77.04mg (19.26%), Manganese: 0.33mg (16.41%), Fiber: 4.05g (16.2%), Vitamin B5: 1.58mg (15.79%), Vitamin K: 13.6µg (12.95%), Vitamin B1: 0.19mg (12.71%), Folate: 40.31µg (10.08%), Vitamin D: 0.21µg (1.41%)