



Braciola with Noodles

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs fresh
- ☐ 3 tablespoons capers
- ☐ 8 cups fettuccine barilla hot cooked uncooked (16 ounces pasta)
- ☐ 0.5 cup cooking wine dry red
- ☐ 1.5 pound flank steak lean
- ☐ 0.5 cup parsley fresh minced
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil

- ☐ 1.3 ounces parmesan cheese fresh grated
- ☐ 2 tablespoons pinenuts toasted
- ☐ 1.5 cups spaghetti sauce low-fat

Equipment

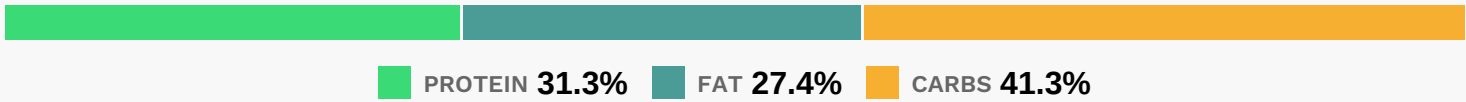
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ rolling pin
- ☐ dutch oven
- ☐ meat tenderizer

Directions

- ☐ Combine first 8 ingredients in a bowl; stir well, and set aside.
- ☐ Trim fat from steak. Using a sharp knife, cut horizontally through center of steak, cutting to, but not through, other side; open flat as you would a book.
- ☐ Place steak between 2 sheets of heavy-duty plastic wrap, and flatten to an even thickness using a meat mallet or rolling pin.
- ☐ Spread breadcrumb mixture over steak, leaving a 1/2-inch margin around outside edges.
- ☐ Roll up steak, jelly-roll fashion, starting with short side. Secure at 2-inch intervals with heavy string.
- ☐ Coat a large Dutch oven with cooking spray, and place over medium-high heat until hot.
- ☐ Add steak, browning well on all sides.
- ☐ Remove steak from pan; set aside, and keep warm.
- ☐ Add spaghetti sauce and wine to pan, scraping bottom of pan with a wooden spoon to loosen browned bits. Bring to a boil, and return steak to pan. Cover, reduce heat, and simmer 1 hour or until steak is tender.
- ☐ Remove string, and cut steak into 16 slices.

☐ Spoon 1 cup pasta onto each of 8 individual plates; top with 2 steak slices and 1/3 cup sauce.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:13.34, Inflammation Score:-7, Nutrition Score:20.991304514201%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 353.66kcal (17.68%), Fat: 10.38g (15.97%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 32.64g (11.87%), Sugar: 2.75g (3.05%), Cholesterol: 84.11mg (28.04%), Sodium: 478.6mg (20.81%), Alcohol: 1.58g (100%), Alcohol %: 0.72% (100%), Protein: 26.69g (53.37%), Selenium: 53.02µg (75.74%), Vitamin K: 66.74µg (63.57%), Manganese: 0.7mg (34.99%), Vitamin B3: 6.82mg (34.08%), Phosphorus: 325.85mg (32.59%), Vitamin B6: 0.65mg (32.31%), Zinc: 4.49mg (29.91%), Iron: 3.19mg (17.7%), Vitamin B12: 0.95µg (15.78%), Magnesium: 61.95mg (15.49%), Potassium: 529.95mg (15.14%), Copper: 0.29mg (14.47%), Vitamin B1: 0.19mg (12.47%), Vitamin C: 10.27mg (12.45%), Vitamin B2: 0.21mg (12.17%), Vitamin A: 578.57IU (11.57%), Calcium: 114.67mg (11.47%), Vitamin B5: 1.04mg (10.45%), Fiber: 2.58g (10.34%), Vitamin E: 1.47mg (9.77%), Folate: 37.99µg (9.5%)