



Braciole

READY IN



130 min.

SERVINGS



4

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 to 6 basil leaves
- ☐ 0.5 cup bread crumbs dried italian-style
- ☐ 64 ounce tomatoes crushed canned
- ☐ 1 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 2 bay leaves dried
- ☐ 1 cup cooking wine dry white
- ☐ 1.5 pound flank steak
- ☐ 2 cloves garlic chopped

- ☐ 1 garlic clove minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 2 tablespoons parsley leaves fresh italian chopped
- ☐ 0.7 cup pecorino cheese grated
- ☐ 0.3 cup provolone cheese grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 4 tablespoons butter unsalted

Equipment

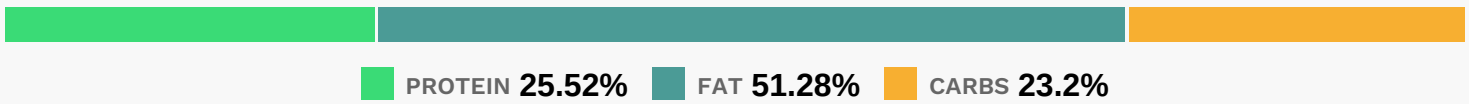
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Stir the first 5 ingredients in a medium bowl to blend. Stir in 2 tablespoons of the oil. Season mixture with salt and pepper and set aside.
- ☐ Lay the flank steak flat on the work surface.
- ☐ Sprinkle the bread crumb mixture evenly over the steak to cover the top evenly. Starting at 1 short end, roll up the steak as for a jelly roll to enclose the filling completely. Using butcher's twine, tie the steak roll to secure.

- ☐ Sprinkle the braciolo with salt and pepper.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Heat the remaining 2 tablespoons of oil in a heavy large ovenproof skillet over medium heat.
- ☐ Add the braciolo and cook until browned on all sides, about 8 minutes.
- ☐ Add the wine to the pan and bring to a boil. Stir in the marinara sauce. Cover partially with foil and bake until the meat is almost tender, turning the braciolo and basting with the sauce every 30 minutes. After 1 hour, uncover and continue baking until the meat is tender, about 30 minutes longer. The total cooking time should be about 1 1/2 hours.
- ☐ Remove the braciolo from the sauce. Using a large sharp knife, cut the braciolo crosswise and diagonally into 1/2-inch-thick slices.
- ☐ Transfer the slices to plates. Spoon the sauce over and serve.
- ☐ In a large casserole pot, heat oil over medium-high heat.
- ☐ Add onion and garlic and saute until soft and translucent, about 2 minutes.
- ☐ Add celery and carrot and season with salt and pepper.
- ☐ Saute until all the vegetables are soft, about 5 minutes.
- ☐ Add tomatoes, basil, and bay leaves and reduce the heat to low. Cover the pot and simmer for 1 hour or until thick.
- ☐ Remove bay leaves and taste for seasoning. If sauce tastes too acidic, add unsalted butter, 1 tablespoon at a time, to round out the flavor.
- ☐ Pour half the tomato sauce into the bowl of a food processor. Process until smooth. Continue with remaining tomato sauce.
- ☐ If not using all the sauce, allow it to cool completely and then pour 1 to 2 cup portions into plastic freezer bags. Freeze for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:109.71, Glycemic Load:10.9, Inflammation Score:-10, Nutrition Score:52.555217421573%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 875.17kcal (43.76%), Fat: 48.77g (75.04%), Saturated Fat: 18.5g (115.62%), Carbohydrates: 49.63g (16.54%), Net Carbohydrates: 39.34g (14.31%), Sugar: 23.2g (25.78%), Cholesterol: 157.08mg (52.36%), Sodium: 1093.4mg (47.54%), Alcohol: 6.18g (100%), Alcohol %: 0.95% (100%), Protein: 54.61g (109.23%), Vitamin B6: 1.86mg (92.98%), Selenium: 60.99µg (87.13%), Vitamin B3: 17.38mg (86.91%), Vitamin A: 4277.93IU (85.56%), Vitamin K: 80.32µg (76.49%), Phosphorus: 724.42mg (72.44%), Vitamin E: 9.51mg (63.4%), Potassium: 2135.74mg (61.02%), Zinc: 8.94mg (59.6%), Manganese: 1.18mg (58.89%), Vitamin C: 47.69mg (57.81%), Iron: 9.95mg (55.25%), Copper: 1.03mg (51.62%), Calcium: 506mg (50.6%), Vitamin B1: 0.63mg (42.13%), Fiber: 10.29g (41.17%), Magnesium: 157.04mg (39.26%), Vitamin B2: 0.62mg (36.54%), Vitamin B12: 1.97µg (32.77%), Folate: 112.14µg (28.03%), Vitamin B5: 2.69mg (26.85%), Vitamin D: 0.35µg (2.32%)