



Bracirole

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups croutons flavored
- ☐ 2 eggs
- ☐ 1 pound flank steak
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic
- ☐ 6 servings olive oil for brushing
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup parmesan grated

- ☐ 1 teaspoon rosemary finely chopped
- ☐ 6 servings salt and pepper
- ☐ 1 teaspoon thyme leaves finely chopped
- ☐ 3 cups tomato sauce
- ☐ 6 servings vegetable oil for searing

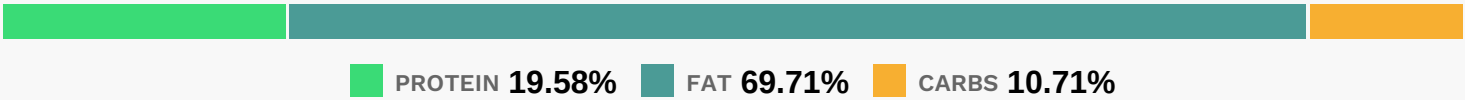
Equipment

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

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the tomato sauce in a 9 by 13-inch baking dish and place in the oven to heat.
- ☐ In a the bowl of a food processor mix the croutons, cheese, eggs, herbs and garlic until it forms a paste.
- ☐ Brush the pounded flank steak with the olive oil and season generously with the salt and pepper.
- ☐ Spread the filling evenly over the meat.
- ☐ Roll tightly and tie with butcher's twine.
- ☐ In a large saute pan heat 1 to 2 tablespoons of vegetable oil and sear all sides of the rolled meat.
- ☐ Remove from the pan.
- ☐ Add to the hot tomato sauce, cover with a tin foil tent so that the foil is not touching the meat. Braise for 35 minutes or, up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:18.816956509715%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 452.26kcal (22.61%), Fat: 35.44g (54.53%), Saturated Fat: 7.17g (44.8%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 9.66g (3.51%), Sugar: 4.5g (5%), Cholesterol: 103.7mg (34.57%), Sodium: 968.94mg (42.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.79%), Vitamin K: 54.77µg (52.16%), Selenium: 31.24µg (44.63%), Vitamin E: 5.47mg (36.45%), Vitamin B3: 6.34mg (31.72%), Vitamin B6: 0.63mg (31.3%), Phosphorus: 263.32mg (26.33%), Zinc: 3.61mg (24.03%), Potassium: 673.29mg (19.24%), Iron: 3.4mg (18.89%), Vitamin B2: 0.28mg (16.25%), Vitamin A: 739.75IU (14.8%), Vitamin B12: 0.89µg (14.75%), Calcium: 128.72mg (12.87%), Vitamin C: 10.18mg (12.34%), Manganese: 0.23mg (11.67%), Vitamin B5: 1.15mg (11.46%), Copper: 0.23mg (11.42%), Magnesium: 44.43mg (11.11%), Fiber: 2.6g (10.39%), Folate: 39.59µg (9.9%), Vitamin B1: 0.13mg (8.94%), Vitamin D: 0.32µg (2.14%)