



Burgundy Beef Roulade

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon cooked drained
- 1.5 lb beef flank steak
- 14 oz beef broth canned
- 1 carrots cut into matchlike sticks, blanched
- 2 Tbsp grey poupon dijon mustard
- 2 cups extra wide egg noodles uncooked
- 0.3 cup flour
- 2 oz green beans fresh trimmed

- 3 Tbsp oil
- 0.3 tsp coarse grind pepper black
- 0.5 cup burgundy wine

Equipment

- frying pan
- oven
- whisk
- baking pan
- kitchen twine

Directions

- Pound steak to 10x8-inch rectangle; spread with mustard. Top with single layer each of bacon, carrots and beans, with all pieces arranged in rows parallel to short ends of steak.
- Roll up steak, starting at one short end; tie closed with kitchen string.
- Sprinkle with pepper.
- Heat oil in medium skillet on medium-high heat.
- Add steak; cook 10 min. or until evenly browned, turning occasionally.
- Transfer steak to 12x8-inch baking dish; reserve drippings in skillet.
- Add flour to drippings; whisk until blended. Gradually whisk in broth, then wine until blended. Cook on medium heat 15 min. or until thickened, stirring constantly; pour over steak. Cover.
- Heat oven to 325F.
- Bake steak 1 hour or until medium doneness. After 50 min., start to cook noodles as directed on package, omitting salt.
- Remove steak from oven.
- Let stand 10 min. before removing string and slicing the steak.
- Serve over noodles topped with sauce.

Nutrition Facts



■ PROTEIN 31.36% ■ FAT 51.23% ■ CARBS 17.41%

Properties

Glycemic Index:9.69, Glycemic Load:1.65, Inflammation Score:-3, Nutrition Score:3.7982608513988%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 82.9kcal (4.14%), Fat: 4.48g (6.89%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.15g (1.15%), Sugar: 0.26g (0.28%), Cholesterol: 18.64mg (6.21%), Sodium: 103.64mg (4.51%), Alcohol: 0.42g (100%), Alcohol %: 0.97% (100%), Protein: 6.17g (12.34%), Selenium: 10.5µg (15%), Vitamin B3: 1.87mg (9.37%), Vitamin B6: 0.16mg (8.23%), Vitamin A: 356.73IU (7.13%), Zinc: 1mg (6.67%), Phosphorus: 64.81mg (6.48%), Vitamin B12: 0.25µg (4.08%), Potassium: 117.04mg (3.34%), Vitamin B1: 0.05mg (3.26%), Iron: 0.56mg (3.11%), Vitamin B2: 0.05mg (2.72%), Manganese: 0.05mg (2.68%), Vitamin E: 0.36mg (2.43%), Magnesium: 9.22mg (2.31%), Vitamin K: 2.41µg (2.3%), Vitamin B5: 0.21mg (2.14%), Folate: 7.61µg (1.9%), Copper: 0.03mg (1.57%), Fiber: 0.28g (1.11%)