



Cheese-Stuffed Flank Steak

READY IN



55 min.

SERVINGS



2

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound flank steak
- 0.5 cup breadcrumbs soft
- 0.3 teaspoon garlic dried minced
- 0.3 teaspoon rosemary dried crushed
- 0.5 teaspoon thyme dried
- 4.5 teaspoons parsley fresh minced
- 4.5 teaspoons onion finely chopped
- 2 tablespoons pecans chopped
- 0.1 teaspoon pepper

- 6 ounces pineapple rings canned
- 0.3 teaspoon salt
- 0.5 cup cheddar cheese shredded
- 1 tablespoon vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- ziploc bags
- kitchen twine

Directions

- Flatten steak to 1/4-in. thickness. In a bowl, combine the pineapple juice, Worcestershire sauce, onion, thyme, rosemary, salt and pepper.
- Pour half of the marinade into a resealable plastic bag; add meat. Seal bag and turn to coat; refrigerate for 4–8 hours. Cover and refrigerate remaining pineapple juice mixture.
- Drain and discard marinade from meat. For stuffing, in a bowl, combine the bread crumbs, cheese, pecans, onion, parsley and garlic.
- Sprinkle stuffing over meat.
- Roll up jelly-roll style, starting with a short side. Tie with kitchen string.
- In a small skillet, brown meat in oil until browned on all sides.
- Pour reserved marinade into skillet. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until tender. Thicken pan juices if desired.

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:30.26217379259%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 645.9kcal (32.29%), Fat: 33.67g (51.8%), Saturated Fat: 10.95g (68.44%), Carbohydrates: 37.33g (12.44%), Net Carbohydrates: 33.81g (12.29%), Sugar: 15.35g (17.05%), Cholesterol: 130.31mg (43.44%), Sodium: 875.28mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.14g (96.29%), Selenium: 65.87µg (94.1%), Vitamin B3: 12.84mg (64.2%), Vitamin B6: 1.18mg (58.99%), Zinc: 8.54mg (56.91%), Phosphorus: 559.98mg (56%), Manganese: 0.77mg (38.3%), Vitamin B1: 0.56mg (37.06%), Vitamin B12: 1.94µg (32.36%), Calcium: 321.82mg (32.18%), Iron: 5.28mg (29.35%), Vitamin B2: 0.47mg (27.89%), Potassium: 885.33mg (25.3%), Vitamin K: 26.24µg (24.99%), Copper: 0.44mg (21.93%), Magnesium: 84.27mg (21.07%), Folate: 66.19µg (16.55%), Vitamin B5: 1.43mg (14.35%), Fiber: 3.53g (14.11%), Vitamin C: 9.98mg (12.1%), Vitamin E: 1.47mg (9.81%), Vitamin A: 367.52IU (7.35%), Vitamin D: 0.17µg (1.13%)