



Flank Steak Braciolo

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.3 cup aged asiago cheese grated
- ☐ 3 cups chicken stock see
- ☐ 1 cup cooking wine dry red
- ☐ 1.5 lbs flank steak
- ☐ 2 cloves garlic minced
- ☐ 1 medium bunch kale coarsely chopped (to yield 4 cups)
- ☐ 3 tablespoons olive oil

- ☐ 1 cup onion diced
- ☐ 0.3 cup currants and pine nuts toasted
- ☐ 0.3 tsp salt and pepper black freshly ground
- ☐ 2 tablespoons vegetable oil

Equipment

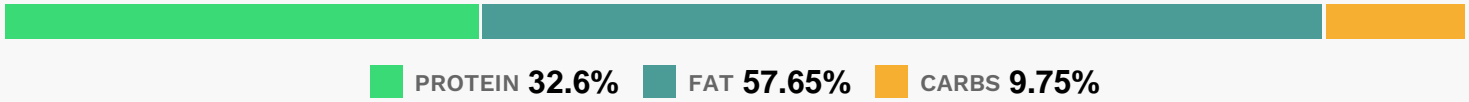
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Heat olive oil in a large frying pan over medium-high heat.
- ☐ Add onion and cook until lightly browned, about 3 minutes; add garlic and anchovy paste and cook 2 minutes more.
- ☐ Add kale and saut until beginning to wilt. Stir in 1 cup chicken stock and cook until most of the liquid has evaporated and the greens are completely wilted, about 10 minutes.
- ☐ Remove pan from heat and stir in cheese, currants, pine nuts, salt, and pepper.
- ☐ Lay flank steak on a large piece of plastic wrap and top with a second piece of plastic wrap. Using a meat mallet or the bottom of a heavy skillet, pound beef to an even thickness of 3/8 in. Discard top sheet of plastic wrap.
- ☐ Spread filling on beef in a 1/2-in.-thick layer, leaving a 1/2-in. border on all sides.
- ☐ Beginning with a long edge and using plastic wrap as a guide, roll beef around filling and place it on the counter, seam side down. Tie beef with butcher's twine at 1-in. intervals, then tie one string around the roll lengthwise so the ends are tucked in and the filling is contained.
- ☐ Sprinkle beef generously with salt and pepper.
- ☐ Heat vegetable oil in a large high-sided frying pan over medium-high heat.

- ☐
- Add beef and cook, turning, until well browned on all sides, about 8 minutes.
- ☐
- Pour in wine and remaining 2 cups chicken stock, cover, lower heat until liquid in pot is gently simmering, and cook 13 minutes.
- ☐
- Transfer beef from pot to a cutting board, cut off butcher's twine, and cover with foil. Bring braising liquid to a boil over high heat and boil until reduced to 1/2 cup, about 15 minutes. Slice beef into 1/2-in. slices and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:26.06347814591%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 602.78kcal (30.14%), Fat: 35.55g (54.69%), Saturated Fat: 8.1g (50.62%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 12.48g (4.54%), Sugar: 4.91g (5.45%), Cholesterol: 112.53mg (37.51%), Sodium: 477.59mg (20.76%), Alcohol: 6.3g (100%), Alcohol %: 1.65% (100%), Protein: 45.23g (90.45%), Selenium: 56.58µg (80.82%), Vitamin B3: 14.04mg (70.2%), Vitamin B6: 1.22mg (61.1%), Zinc: 7.6mg (50.65%), Phosphorus: 500.37mg (50.04%), Manganese: 0.86mg (42.8%), Vitamin B12: 1.63µg (27.22%), Potassium: 895.96mg (25.6%), Vitamin K: 26.37µg (25.11%), Vitamin B2: 0.4mg (23.79%), Vitamin E: 3.45mg (23.01%), Iron: 3.74mg (20.76%), Magnesium: 73.7mg (18.42%), Copper: 0.36mg (17.96%), Vitamin B1: 0.24mg (16.06%), Calcium: 130.81mg (13.08%), Vitamin B5: 1.19mg (11.93%), Folate: 42.19µg (10.55%), Vitamin C: 3.86mg (4.67%), Fiber: 1.06g (4.22%), Vitamin A: 58.63IU (1.17%)