



## Flank Steak Roll-Up

READY IN



495 min.

SERVINGS



6

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup wine dry red
- 1.8 pounds flank steak
- 1 envelope brown gravy mix
- 2 tablespoons butter melted
- 0.3 cup spring onion chopped
- 4 ounces mushrooms undrained canned
- 6 ounces bread stuffing mix

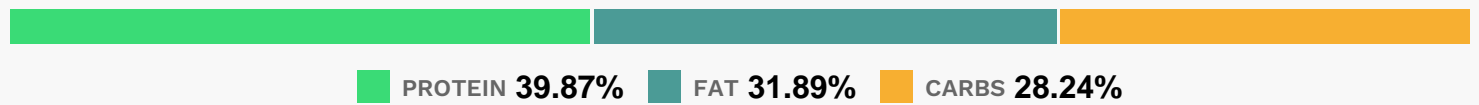
### Equipment

- bowl
- slow cooker
- kitchen twine

## Directions

- In bowl, toss the mushrooms, butter and dry stuffing mix.
- Spread over steak to within 1 in. of edges.
- Roll up jelly-roll style, starting with a long side; tie with kitchen string.
- Place in a 3-qt. slow cooker.
- Prepare gravy mix according to package directions; add onions and wine.
- Pour over meat. Cover and cook on low for 8-10 hours.
- Remove meat to a serving platter and keep warm. Strain cooking juices and thicken if desired.
- Remove string from roll-up; slice beef and serve with gravy.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:18.698260851528%

## Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 338kcal (16.9%), Fat: 11.44g (17.6%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 21.59g (7.85%), Sugar: 2.82g (3.14%), Cholesterol: 89.7mg (29.9%), Sodium: 500.98mg (21.78%), Alcohol: 1.05g (100%), Alcohol %: 0.67% (100%), Protein: 32.18g (64.35%), Selenium: 54.47µg (77.81%), Vitamin B3: 10.58mg (52.89%), Vitamin B6: 0.87mg (43.29%), Zinc: 5.45mg (36.33%), Phosphorus: 326.13mg (32.61%), Vitamin

B2: 0.35mg (20.45%), Vitamin B12: 1.23µg (20.42%), Vitamin B1: 0.28mg (18.8%), Iron: 3.27mg (18.19%), Folate: 70.85µg (17.71%), Potassium: 593.6mg (16.96%), Vitamin B5: 1.24mg (12.37%), Copper: 0.23mg (11.38%), Magnesium: 43.07mg (10.77%), Vitamin K: 10.85µg (10.33%), Manganese: 0.2mg (9.92%), Calcium: 59.97mg (6%), Fiber: 1.2g (4.82%), Vitamin E: 0.62mg (4.16%), Vitamin A: 158.73IU (3.17%), Vitamin C: 1.18mg (1.43%)