

food
network



HEALTH SCORE

90%

Flank Steak Rolls with Bitter Broccoli (Bracirole Ripieni di Rape)



Gluten Free



Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



648 kcal

Ingredients

- ☐ 1 pound beef flank steak sliced into 8 thin scallops
- ☐ 1 bunch broccoli rabe boiling
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced

- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup olives green italian
- ☐ 1 onion spanish chopped
- ☐ 2 tablespoons oregano leaves fresh chopped
- ☐ 4 bunches parsley italian finely chopped
- ☐ 0.5 cup pecorino cheese grated
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper

Equipment

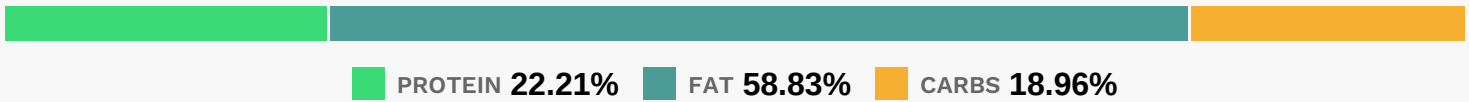
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ tongs
- ☐ kitchen twine

Directions

- ☐ In a medium saucepan, combine the tomato sauce, green olives and 2 tablespoons oregano and bring to a boil. Reduce to a simmer and continue cooking while assembling the rest of the dish. In a mixing bowl, combine the Pecorino, chopped parsley and nutmeg and mix until well blended.
- ☐ Lay 8 pieces of steak out on board. Season with salt and pepper. Divide the Pecorino mixture evenly over the beef, spreading it to form a thin layer on top of each piece of steak. Roughly chop the broccoli rabe and divide it among the pieces of beef.
- ☐ Roll up each piece like a jelly roll and tie securely with a piece of butcher's twine. Dredge each roll in the flour. In a 12- to 14-inch skillet, heat 1/4 cup oil until smoking.

- ☐ Place 4 rolled steak pieces at a time in the skillet and brown evenly, rolling with tongs or a wooden spoon.
- ☐ Remove first 4 pieces and repeat with remaining four.
- ☐ Remove second group and pour off the cooking oil to discard.
- ☐ Put the skillet back on the heat and add the red wine, scraping the bottom of the skillet with a wooden spoon to loosen browned bits.
- ☐ Add the simmering tomato sauce and bring to a boil.
- ☐ Add all 8 beef rolls and simmer, uncovered, for 10 to 15 minutes, until all of the meat is cooked through.
- ☐ Remove the meat to heated platter, pour the sauce over the meat and garnish with the remaining oregano.
- ☐ In a 3 quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds one week in the refrigerator or up to six months in the freezer.

Nutrition Facts



Properties

Glycemic Index:78.71, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:48.744782982961%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 123.01mg, Apigenin: 123.01mg, Apigenin: 123.01mg, Apigenin: 123.01mg Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg, Luteolin: 3.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 8.72mg, Myricetin: 8.72mg, Myricetin: 8.72mg, Myricetin: 8.72mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 647.85kcal (32.39%), Fat: 42.75g (65.76%), Saturated Fat: 9.21g (57.55%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 19.93g (7.25%), Sugar: 12.11g (13.46%), Cholesterol: 81.04mg (27.01%), Sodium: 1750.83mg (76.12%), Alcohol: 3.15g (100%), Alcohol %: 0.52% (100%), Protein: 36.31g (72.63%), Vitamin K: 1107.94µg (1055.18%), Vitamin A: 8498.72IU (169.97%), Vitamin C: 136.02mg (164.87%), Vitamin B6: 1.42mg (71.05%), Iron: 12.73mg (70.71%), Vitamin E: 10.09mg (67.25%), Vitamin B3: 11.75mg (58.77%), Selenium: 37.27µg (53.25%), Calcium: 513.28mg (51.33%), Phosphorus: 499.89mg (49.99%), Potassium: 1725.13mg (49.29%), Folate: 197.06µg (49.27%), Manganese: 0.95mg (47.56%), Fiber: 11.06g (44.23%), Zinc: 6.55mg (43.64%), Magnesium: 138.18mg (34.54%), Vitamin B2: 0.58mg (34.07%), Vitamin B1: 0.44mg (29.57%), Copper: 0.58mg (28.96%), Vitamin B12: 1.17µg (19.53%), Vitamin B5: 1.77mg (17.7%)