



Gazpacho Beef Roll

 Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



92 kcal

Ingredients

- 2 lb beef flank steak
- 0.3 cup cucumbers chopped
- 2 Tbsp green onions sliced
- 0.3 cup pasilla peppers green chopped
- 0.5 cup a.1. original sauce divided
- 1 cup monterrey jack cheese shredded kraft
- 0.5 cup tomatoes chopped

Equipment

- grill

- aluminum foil
- cutting board
- kitchen twine

Directions

- Preheat grill to medium-high heat. Open up steak on clean cutting board so steak lies flat.
- Remove 1/3 cup of the steak sauce; set aside for later use.
- Spread remaining steak sauce onto steak; top evenly with the cheese and vegetables.
- Roll up steak from one of the short ends; tie with kitchen string to secure.
- Grill 30 to 40 min. or until steak is cooked to medium doneness (160F), turning frequently and brushing with the reserved steak sauce for the last 10 min. of the grilling time. Cover loosely with foil.
- Let stand 5 to 10 min. before cutting into slices to serve.
- Remove and discard string.

Nutrition Facts

PROTEIN 50.43% **FAT 40.43%** **CARBS 9.14%**

Properties

Glycemic Index:6.1, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:5.3317391788182%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 91.93kcal (4.6%), Fat: 4g (6.16%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.58g (1.76%), Cholesterol: 32.24mg (10.75%), Sodium: 129.3mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.46%), Selenium: 14.21µg (20.29%), Vitamin B6: 0.29mg (14.38%), Vitamin B3: 2.86mg (14.32%), Zinc: 1.92mg (12.81%), Phosphorus: 118.67mg (11.87%), Vitamin B12: 0.46µg (7.66%), Calcium: 52.98mg (5.3%), Potassium: 176.01mg (5.03%), Vitamin B2: 0.08mg (4.5%), Iron: 0.77mg (4.27%), Magnesium: 12.49mg (3.12%), Vitamin B5: 0.31mg (3.09%), Vitamin C: 2.19mg (2.66%), Vitamin B1: 0.04mg (2.46%), Vitamin K: 2.52µg (2.4%), Folate: 8.35µg (2.09%), Copper: 0.04mg (2.02%), Vitamin A: 88.95IU (1.78%), Vitamin E:

0.18mg (1.18%)