



Greek Stuffed Flank Steak

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1.3 ounces feta cheese crumbled
- ☐ 1.5 pound flank steak trimmed
- ☐ 10 ounce garlic cloves frozen dry thawed minced drained chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

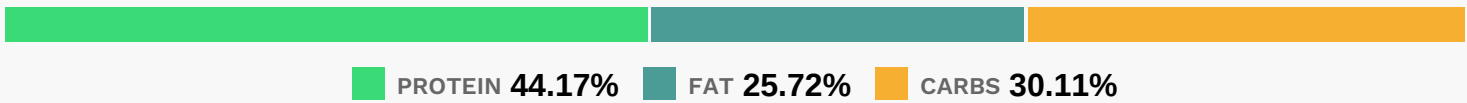
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Place a large nonstick skillet over mediumhigh heat; add onion. Coat onion with cooking spray, and saut 5 minutes.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Remove from heat. Stir in spinach and next 3 ingredients.
- ☐ Place steak between 2 sheets of heavyduty plastic wrap; flatten to an even thickness using a meat mallet or rolling pin.
- ☐ Spread spinach mixture over beef, leaving a 1/2-inch margin around outside edges.
- ☐ Roll up beef, jelly-roll fashion, starting with 1 short side. Secure roll at 2-inch intervals with heavy string.
- ☐ Place beef on broiler pan coated with cooking spray.
- ☐ Sprinkle beef with pepper; coat with cooking spray.
- ☐ Bake, uncovered, at 425 for 10 minutes. Reduce heat to 37
- ☐ Bake 25 minutes or to desired degree of doneness.
- ☐ Let stand 10 minutes.
- ☐ Remove string, and cut beef into 6 slices.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:4.76, Inflammation Score:-5, Nutrition Score:19.251738954497%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 261.37kcal (13.07%), Fat: 7.46g (11.47%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 18.22g (6.63%), Sugar: 1.25g (1.38%), Cholesterol: 73.65mg (24.55%), Sodium: 358.71mg (15.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.81g (57.62%), Vitamin B6: 1.32mg (65.96%), Selenium: 42.02µg (60.03%), Manganese: 0.87mg (43.69%), Vitamin B3: 7.69mg (38.46%), Zinc: 5.15mg (34.31%), Phosphorus: 332.22mg (33.22%), Vitamin B12: 1.15µg (19.17%), Vitamin C: 15.73mg (19.06%), Potassium: 608.32mg (17.38%), Iron: 2.8mg (15.54%), Calcium: 150.42mg (15.04%), Vitamin B1: 0.22mg (14.96%), Vitamin B2: 0.25mg (14.88%), Copper: 0.24mg (12.11%), Vitamin B5: 1.09mg (10.94%), Magnesium: 41.01mg (10.25%), Folate: 24.3µg (6.08%), Fiber: 1.41g (5.64%), Vitamin K: 2.82µg (2.69%), Vitamin E: 0.39mg (2.57%)