

Greek Stuffed Steak

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons breadcrumbs dry
- ☐ 0.5 cup cooking wine dry red
- ☐ 8 servings feta potatoes mashed
- ☐ 1.5 pound flank steak lean
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup pickled pepperoncini peppers chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 teaspoon salt

- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ rolling pin
- ☐ dutch oven
- ☐ meat tenderizer

Directions

- ☐ Combine first 6 ingredients in a bowl; stir well, and set aside.
- ☐ Trim fat from steak. Using a sharp knife, cut horizontally through center of steak, cutting to, but not through, other side; open flat as you would a book.
- ☐ Place steak between 2 sheets of heavy-duty plastic wrap, and flatten to an even thickness, using a meat mallet or rolling pin.
- ☐ Spread spinach mixture over steak, leaving a 1-inch margin around outside edges.
- ☐ Roll up steak, jelly-roll fashion, starting with short side. Secure at 2-inch intervals with heavy string.
- ☐ Coat a large Dutch oven with cooking spray, and place over medium-high heat until hot.
- ☐ Add steak, browning well on all sides.
- ☐ Add water, wine, and oregano to pan; bring to a boil. Cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Remove string, and cut steak into 16 slices.
- ☐ Serve with cooking liquid and Feta Mashed Potatoes.

Nutrition Facts



 **PROTEIN 44.09%**  **FAT 45.2%**  **CARBS 10.71%**

Properties

Glycemic Index:8, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:24.121304379857%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 233.32kcal (11.67%), Fat: 11.07g (17.04%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 5.9g (1.97%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.78g (0.86%), Cholesterol: 77.73mg (25.91%), Sodium: 506.04mg (22%), Alcohol: 1.58g (100%), Alcohol %: 1.02% (100%), Protein: 24.3g (48.6%), Vitamin K: 134.85µg (128.42%), Vitamin A: 4301.76IU (86.04%), Selenium: 32.42µg (46.32%), Vitamin B6: 0.74mg (36.75%), Vitamin B3: 6.02mg (30.09%), Phosphorus: 298.55mg (29.85%), Zinc: 4.39mg (29.25%), Vitamin B2: 0.45mg (26.23%), Calcium: 220.86mg (22.09%), Vitamin B12: 1.29µg (21.49%), Folate: 77.82µg (19.46%), Manganese: 0.31mg (15.57%), Magnesium: 54.17mg (13.54%), Iron: 2.38mg (13.25%), Potassium: 461.8mg (13.19%), Vitamin B1: 0.17mg (11.52%), Vitamin E: 1.39mg (9.27%), Vitamin B5: 0.9mg (8.97%), Vitamin C: 6.72mg (8.14%), Copper: 0.14mg (7.01%), Fiber: 1.49g (5.96%)