



Grilled Steak Pinwheels

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound flank steak trimmed
- 0.5 pound bacon crumbled cooked
- 1 cup mushrooms fresh finely chopped
- 1 cup spring onion finely chopped
- 0.3 cup basil dried fresh finely chopped
- 2 tablespoons chives minced

Equipment

- bowl

- toothpicks
- grill
- kitchen thermometer
- skewers

Directions

- Flatten steaks to 1/4-in thickness. In a large bowl, combine the bacon, mushrooms, onions, basil and chives; spread evenly over steaks.
- Roll up the meat and secure with skewers or toothpicks.
- Cut each roll into 1/2- to 3/4-in. slices and secure with a toothpick.
- Grill over medium-hot heat for 4-6 minutes on each side until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°).
- Remove toothpicks.

Nutrition Facts

PROTEIN 46.71% **FAT 46.39%** **CARBS 6.9%**

Properties

Glycemic Index:13.63, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:27.603913055814%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 312.12kcal (15.61%), Fat: 15.99g (24.6%), Saturated Fat: 5.92g (37.03%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.67g (0.74%), Cholesterol: 96.1mg (32.03%), Sodium: 544.61mg (23.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.47%), Vitamin K: 155.59µg (148.18%), Selenium: 49.25µg (70.35%), Vitamin B3: 10.9mg (54.52%), Iron: 8.91mg (49.51%), Vitamin B6: 0.96mg (47.9%), Zinc: 5.85mg (39.01%), Manganese: 0.77mg (38.58%), Phosphorus: 374.7mg (37.47%), Potassium: 797.48mg (22.79%), Magnesium: 90.2mg (22.55%), Vitamin B12: 1.35µg (22.43%), Calcium: 202.59mg (20.26%), Vitamin B2: 0.34mg (20.24%), Vitamin B1: 0.26mg (17.57%), Copper: 0.32mg (15.88%), Fiber: 3.25g (13%), Vitamin B5: 1.28mg (12.84%), Folate: 48.49µg (12.12%), Vitamin E: 1.31mg (8.74%), Vitamin A: 222.77IU (4.46%), Vitamin C: 3.1mg (3.75%)