



Hearty Tuscan Herb Parmesan-Stuffed Flank Steak

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef flank steak
- 2 Tbsp butter divided
- 1 stalk celery sliced
- 2 cups croutons plain
- 0.5 cup onions chopped
- 0.5 cup seasoned parmesan cheese rosemary & garlic divided grated kraft
- 2 Tbsp water

Equipment

- frying pan
- oven
- knife
- kitchen twine

Directions

- Heat oven to 350F.
- Melt 1 Tbsp. butter in large ovenproof skillet on medium-high heat.
- Add vegetables; cook and stir 5 to 7 min. or until crisp-tender.
- Remove from heat.
- Stir in croutons, water and half the cheese.
- Use sharp knife to partially cut steak horizontally in half, starting at thickest side of steak and being careful not to cut through to opposite side of steak. Open steak.
- Spread vegetable mixture onto one cut side of steak; roll up, starting at one long side. Tie closed with kitchen string.
- Melt remaining butter in same skillet.
- Add meat; cook 7 to 8 min. or until evenly browned, turning occasionally.
- Place skillet in oven.
- Bake 35 min. or until steak is medium doneness (160F).
- Remove from oven. Top steak with remaining cheese; let stand 10 min.
- Remove and discard string before slicing steak.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:13.250869463967%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 242.06kcal (12.1%), Fat: 10.75g (16.54%), Saturated Fat: 4.02g (25.15%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.77g (2.46%), Sugar: 0.5g (0.55%), Cholesterol: 73.48mg (24.49%), Sodium: 259.42mg (11.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.22g (54.44%), Selenium: 38.52µg (55.03%), Vitamin B3: 7.5mg (37.51%), Vitamin B6: 0.71mg (35.45%), Zinc: 4.7mg (31.36%), Phosphorus: 282.22mg (28.22%), Vitamin B12: 1.12µg (18.66%), Potassium: 436.56mg (12.47%), Iron: 2.11mg (11.73%), Vitamin B2: 0.18mg (10.54%), Vitamin B1: 0.14mg (9.07%), Calcium: 90.23mg (9.02%), Vitamin B5: 0.79mg (7.94%), Magnesium: 31.15mg (7.79%), Folate: 28.75µg (7.19%), Copper: 0.1mg (5.19%), Vitamin A: 201.91IU (4.04%), Manganese: 0.07mg (3.67%), Vitamin E: 0.48mg (3.23%), Vitamin K: 2.97µg (2.83%), Fiber: 0.63g (2.53%), Vitamin C: 0.9mg (1.09%)