



food
network

Involtini of Beef

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 24 ounces beef scaloppini from London Broil or Top Sirloin
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1.5 cups carrots peeled finely chopped 3
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 servings flour all-purpose for dredging
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion finely chopped

- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.3 cup peas frozen
- ☐ 1 ounce pancetta thinly sliced coarsely chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons butter unsalted

Equipment

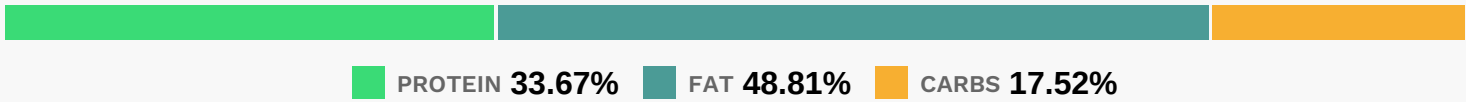
- ☐ frying pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Heat 1 tablespoon of oil and 1 tablespoon butter in a heavy large skillet over medium-high heat.
- ☐ Add the carrot, onion, and garlic and saute until the carrots are tender, about 10 minutes. Season with salt and pepper.
- ☐ Remove from the heat and cool slightly. Stir in the Parmesan. Season beef with salt and pepper. Using 2 tablespoons for each, divide the carrot mixture among the beef slices.
- ☐ Roll up the beef slices to enclose the filling, tucking in the ends. Secure the rolls with toothpicks.
- ☐ Heat the remaining oil and the remaining tablespoon of butter in the same large frying pan over medium-high heat. Dredge the beef rolls in flour to coat lightly.
- ☐ Add the beef rolls and cook until brown on all sides, about 8 minutes.
- ☐ Add the wine and stir to scrape up any browned bits on the bottom of the skillet.
- ☐ Add the tomatoes with their juices and the bay leaf. Cover and simmer until the beef is cooked through, about 5 minutes.
- ☐ Transfer the beef rolls to a platter.
- ☐ Remove the toothpicks, then cover the beef rolls with foil to keep warm.
- ☐ Add the peas and prosciutto to the sauce in the skillet and stir until the peas are heated through and the sauce reduces slightly, about 5 minutes. Season the sauce, to taste, with salt and pepper.

Drizzle the sauce over the beef rolls and serve.

Nutrition Facts



Properties

Glycemic Index:83.79, Glycemic Load:9.29, Inflammation Score:-10, Nutrition Score:36.05869549772%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 581.55kcal (29.08%), Fat: 30.44g (46.83%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 19.82g (7.21%), Sugar: 9.4g (10.45%), Cholesterol: 129.15mg (43.05%), Sodium: 463.08mg (20.13%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 47.24g (94.49%), Vitamin A: 8554.82IU (171.1%), Selenium: 61.45µg (87.78%), Vitamin B6: 1.5mg (75.15%), Vitamin B3: 14.46mg (72.31%), Zinc: 8.77mg (58.49%), Phosphorus: 537.79mg (53.78%), Vitamin B12: 2.44µg (40.73%), Potassium: 1230mg (35.14%), Iron: 5.7mg (31.65%), Vitamin E: 4.28mg (28.51%), Vitamin B1: 0.4mg (26.63%), Vitamin B2: 0.43mg (25.49%), Manganese: 0.5mg (24.91%), Vitamin K: 25.32µg (24.12%), Vitamin C: 19.35mg (23.46%), Copper: 0.45mg (22.39%), Magnesium: 85.71mg (21.43%), Calcium: 207.7mg (20.77%), Fiber: 4.76g (19.04%), Folate: 74.71µg (18.68%), Vitamin B5: 1.77mg (17.72%), Vitamin D: 0.17µg (1.17%)