



Italian Beef Braciolo

READY IN



45 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound round steak (choose a solid piece without loose segments)
- 4 slices pancetta
- 6 slices genoa salami
- 1 cup breadcrumbs fresh
- 0.3 cup parsley fresh italian minced
- 0.3 cup pecorino cheese grated
- 4 tablespoons olive oil
- 3 cloves garlic peeled halved
- 6 cups tomatoes prepared

- 0.5 cup red wine

Equipment

- frying pan
- plastic wrap
- dutch oven
- tongs
- meat tenderizer
- kitchen twine

Directions

- Pound the beef between two sheets of plastic wrap with a meat tenderizer mallet until about 1/2 inch thick being careful to prevent holes or tears in the meat. Any holes that do happen can be patched with a piece of prosciutto or salami during the next step.
- Place the prosciutto and salami in a single layer over the beef. If there are any holes or thin places in the beef, make sure to place the meat over those areas.
- Spread the breadcrumbs over the salami in an even layer leaving an inch on all sides to make rolling the meat easier.
- Sprinkle the cheese over the breadcrumbs and drizzle 2 tablespoons of the olive oil over all.
- Carefully fold the edges over and begin to roll the beef. Tie the roll in several places with kitchen twine and gently rub the outside of the roll with the remaining oil.
- Heat a non-stick skillet over medium high heat. With the aid of tongs, sear the roll all over, including the ends, until nicely browned all over. While the meat is browning, heat the marinara sauce, garlic and wine in a Dutch oven or pan large enough to hold the size of the roll.
- Place the browned braciolo in the sauce and bring to a gentle simmer. Cover and braise, over low heat until tender. The braciolo in the photograph took 3 hours until a fork inserted into the meat slid in easily.
- When tender, carefully remove the beef roll from the sauce and set on a platter.
- Let the roll cool for about 5-10 minutes and remove the string. Slice the braciolo and serve with pasta or gnocchi with the sauce over the top and plenty of parmesan cheese.

Nutrition Facts

PROTEIN 26.36% FAT 46.49% CARBS 27.15%

Properties

Glycemic Index:44.25, Glycemic Load:6.79, Inflammation Score:-9, Nutrition Score:39.807826086957%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg, Apigenin: 8.13mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 46.17%, Saltiness: 100%, Sourness: 42.39%, Bitterness: 24.25%, Savoriness: 58.35%, Fattiness: 90.03%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 620.06kcal (31%), Fat: 31.41g (48.32%), Saturated Fat: 8.01g (50.06%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 34.36g (12.49%), Sugar: 15.04g (16.71%), Cholesterol: 93.89mg (31.3%), Sodium: 2441.25mg (106.14%), Alcohol: 3.18g (17.67%), Protein: 40.07g (80.13%), Vitamin K: 83.66µg (79.67%), Vitamin B3: 14.47mg (72.37%), Selenium: 47.77µg (68.24%), Vitamin B6: 1.3mg (64.86%), Vitamin E: 7.75mg (51.66%), Phosphorus: 497.97mg (49.8%), Potassium: 1683.84mg (48.11%), Zinc: 7mg (46.64%), Vitamin B12: 2.73µg (45.43%), Iron: 7.98mg (44.33%), Vitamin B1: 0.62mg (41.08%), Vitamin A: 1936.88IU (38.74%), Vitamin C: 31.41mg (38.08%), Manganese: 0.75mg (37.6%), Vitamin B2: 0.62mg (36.6%), Copper: 0.65mg (32.42%), Fiber: 6.9g (27.59%), Magnesium: 107.61mg (26.9%), Vitamin B5: 2.3mg (23.01%), Folate: 83.48µg (20.87%), Calcium: 203.98mg (20.4%), Vitamin D: 0.18µg (1.18%)