



Italian Beef Rolls

 Gluten Free

READY IN



48 min.

SERVINGS



2

CALORIES



254 kcal

Ingredients

- 2 teaspoons basil fresh shredded
- 3 tablespoons no-salt-added beef broth undiluted canned
- 3 tablespoons cooking wine dry red
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 teaspoon garlic minced
- 2 tablespoons ham shredded lean cooked
- 2 tablespoons onion finely chopped
- 0.3 teaspoon pepper freshly ground
- 2 teaspoons romano cheese freshly grated

- 8 ounce beef sirloin steaks boneless lean
- 0.3 cup tomatoes peeled seeded chopped

Equipment

- bowl
- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Trim fat from steaks.
- Place steaks between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- Combine ham and next 5 ingredients in a small bowl, stirring well.
- Spread ham mixture evenly over steaks, leaving a 1/2-inch border on each.
- Roll up each steak, jellyroll fashion, starting at short side; secure with heavy string.
- Coat a small nonstick skillet with cooking spray.
- Place over medium heat until hot; add onion, and saute 3 minutes.
- Add beef rolls; cook until browned on all sides.
- Add tomato, wine, and beef broth. Bring to a boil; cover, reduce heat, and simmer 40 to 45 minutes or until meat is tender.
- Remove rolls to warm plates; spoon tomato sauce mixture over rolls.
- Garnish with basil sprigs, if desired.

Nutrition Facts

PROTEIN 55.05% **FAT 39.16%** **CARBS 5.79%**

Properties

Glycemic Index:128, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:18.220869657786%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 253.66kcal (12.68%), Fat: 10.03g (15.43%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.71g (0.98%), Sugar: 1.12g (1.24%), Cholesterol: 92.98mg (30.99%), Sodium: 520.43mg (22.63%), Alcohol: 2.36g (100%), Alcohol %: 1.41% (100%), Protein: 31.73g (63.47%), Selenium: 36.48µg (52.12%), Vitamin B3: 9.95mg (49.76%), Vitamin B6: 0.84mg (41.88%), Zinc: 5.78mg (38.56%), Vitamin K: 37.15µg (35.38%), Vitamin B12: 1.96µg (32.73%), Phosphorus: 321.96mg (32.2%), Vitamin C: 16.72mg (20.27%), Potassium: 590.28mg (16.87%), Iron: 2.62mg (14.56%), Vitamin B2: 0.21mg (12.15%), Vitamin B1: 0.18mg (11.75%), Vitamin B5: 1.05mg (10.54%), Magnesium: 38.3mg (9.58%), Vitamin A: 386.47IU (7.73%), Copper: 0.15mg (7.7%), Manganese: 0.13mg (6.5%), Folate: 25.18µg (6.3%), Calcium: 56.37mg (5.64%), Vitamin E: 0.53mg (3.55%), Fiber: 0.63g (2.52%)