



Italian Flank Steak

READY IN



55 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 inch bamboo skewers
- 0.5 cup thinly julienne carrots
- 0.5 cup chicken stock see
- 1 flank steak
- 0.5 cup flour all-purpose
- 3 tablespoons garlic diced
- 0.5 cup julienne green onions
- 2 tablespoons penzey's southwest seasoning italian
- 0.5 cup julienne oil sun-dried tomatoes packed

- 3 tablespoons olive oil extra-virgin
- 0.5 cup onions diced
- 0.3 cup parsley leaves chopped
- 0.5 cup roasted julienne bell peppers red
- 6 servings salt and pepper black freshly ground
- 0.8 cup mozzarella cheese shredded
- 1 cup tomato sauce fire roasted
- 0.5 cup white wine

Equipment

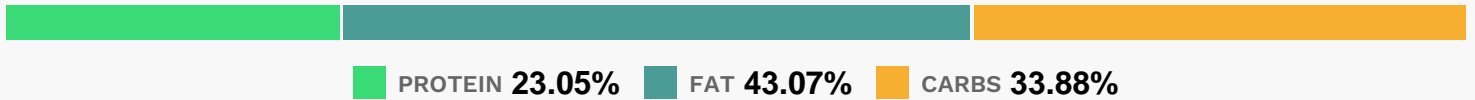
- frying pan
- baking sheet
- oven
- kitchen thermometer
- skewers
- meat tenderizer

Directions

- In a small saute pan, add 1 tablespoon olive oil, onions, and garlic and cook until translucent.
- Remove and let cool.
- Tenderize flank steak with a meat mallet and cut into 1/4-inch pieces, approximately 5 by 8 inches long. Lightly season with salt and freshly ground black pepper.
- Place carrots, red bell peppers, sun-dried tomato, and green onions in separate layers over the first 5 inches of the steak lengthwise. Top with garlic and onion mixture, then evenly coat with shredded mozzarella cheese and parsley.
- Roll flank steak, starting with end that has vegetables, firmly without pushing out vegetables. Secure rolled steak with skewers.
- To a rimmed plate stir the flour and Italian seasoning together and dredge the rolled flank steak, coating evenly.
- Preheat oven to 300 degrees F.

- In a medium saute pan heat 2 tablespoons olive oil and when hot add the rolled flank steak, searing on all sides for about 4 to 5 minutes until golden brown.
- Remove the flank steak from the pan and place on a baking sheet.
- Place in preheated oven for 15 minutes or until internal temperature reaches 135 degrees F. on an instant-read thermometer.
- Place the saute pan back on burner and deglaze with the white wine. Stir, and reduce for 2 minutes, then add tomato sauce and chicken stock.
- Let mixture continue to reduce for 2 more minutes.
- Remove the steak from the oven and let rest. Slice on the bias 1/2-inch, shingle out, and top with sauce.

Nutrition Facts



Properties

Glycemic Index:71.47, Glycemic Load:9.01, Inflammation Score:-9, Nutrition Score:20.451739109081%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 277.42kcal (13.87%), Fat: 12.97g (19.96%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 19.08g (6.94%), Sugar: 7.07g (7.86%), Cholesterol: 34.26mg (11.42%), Sodium: 512.87mg (22.3%), Alcohol: 2.06g (100%), Alcohol %: 1.21% (100%), Protein: 15.62g (31.24%), Vitamin K: 80.53µg (76.69%), Vitamin A: 2518.67IU (50.37%), Manganese: 0.55mg (27.75%), Selenium: 19.07µg (27.24%), Vitamin B3: 4.92mg (24.61%), Vitamin C: 19.77mg (23.96%), Vitamin B6: 0.46mg (23.17%), Potassium: 771.11mg (22.03%), Phosphorus: 214.04mg (21.4%), Iron: 3.62mg (20.14%), Zinc: 2.5mg (16.68%), Fiber: 3.87g (15.5%), Vitamin B2: 0.26mg (15.46%), Calcium: 153.97mg (15.4%), Copper: 0.3mg (14.91%), Vitamin E: 2.22mg (14.82%), Vitamin B1: 0.21mg (14.3%), Folate: 55.85µg (13.96%), Magnesium: 52.77mg (13.19%), Vitamin B12: 0.66µg (11.03%), Vitamin B5: 0.74mg (7.41%)