



Mashed Potato-Stuffed Flank Steak



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound andouille sausage chopped
- ☐ 1 rib celery chopped
- ☐ 2 tablespoons chicken broth dry white
- ☐ 1.5 pound flank steak
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 cup potatoes instant mashed
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water hot

Equipment

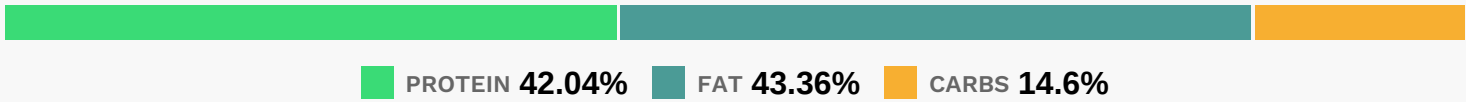
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cook sausage in hot oil in a skillet over medium heat 5 minutes or until browned.
- ☐ Remove from skillet; set aside.
- ☐ Saut onion and next 3 ingredients in skillet 5 minutes or until tender.
- ☐ Add wine and garlic; cook 2 minutes or until liquid evaporates.
- ☐ Remove from heat.
- ☐ Stir together mashed potatoes and 1 cup hot water in a large bowl; stir in sausage, onion mixture, parsley, thyme, and nutmeg.
- ☐ Place steak between 2 sheets of heavy-duty plastic wrap; flatten to 1/4- to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Spread potato mixture evenly over flank steak, leaving a 1/2-inch border.
- ☐ Roll steak, jellyroll fashion, starting with a long side; secure with string.
- ☐ Place on a lightly greased rack in a broiling pan.
- ☐ Bake at 425 for 10 minutes; reduce heat to 37

Bake 25 to 30 minutes or to desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:47.17, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:16.195652370868%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 283.65kcal (14.18%), Fat: 13.23g (20.36%), Saturated Fat: 4.38g (27.38%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.02g (3.28%), Sugar: 1.12g (1.24%), Cholesterol: 84.29mg (28.1%), Sodium: 421.89mg (18.34%), Alcohol: 0.51g (100%), Alcohol %: 0.32% (100%), Protein: 28.87g (57.74%), Selenium: 38.84µg (55.49%), Vitamin B3: 8.89mg (44.47%), Vitamin B6: 0.82mg (41.18%), Zinc: 4.94mg (32.91%), Phosphorus: 279.37mg (27.94%), Vitamin K: 25.69µg (24.47%), Vitamin B12: 1.22µg (20.29%), Potassium: 595.34mg (17.01%), Vitamin B1: 0.24mg (15.8%), Vitamin C: 11.7mg (14.18%), Iron: 2.33mg (12.95%), Vitamin B5: 1.09mg (10.87%), Vitamin B2: 0.18mg (10.76%), Magnesium: 38.4mg (9.6%), Copper: 0.13mg (6.54%), Folate: 24.16µg (6.04%), Vitamin E: 0.85mg (5.68%), Fiber: 1g (4.02%), Manganese: 0.08mg (3.84%), Calcium: 37.77mg (3.78%), Vitamin A: 146.22IU (2.92%), Vitamin D: 0.26µg (1.76%)