



Matambre (Argentinian Style Stuffed Beef)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups beef stock
- ☐ 1 large carrots peeled cut into thin strips
- ☐ 3 eggs cooked
- ☐ 1.5 pounds flank steak
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 garlic clove
- ☐ 2 garlic cloves finely chopped

- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons olive oil plus more for browning the meat.
- ☐ 0.5 onion diced
- ☐ 0.5 bell pepper red cut into thin strips
- ☐ 6 servings salt and pepper
- ☐ 1 cup spinach leaves fresh
- ☐ 1 tablsepooon vinegar

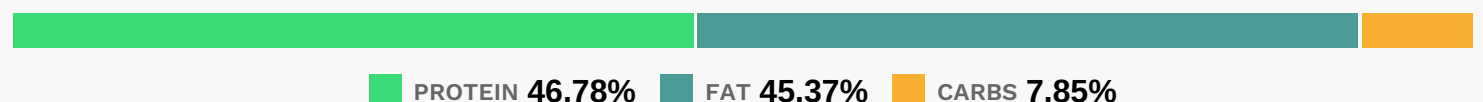
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen twine

Directions

- ☐ Butterfly the steak and open it like a book, then pound the meat.
- ☐ Place the meat in a plastic container and add the olive oil, garlic cloves, lime juice,vinegar, salt and pepper. Cover the meat and marinate for at least 3 hours or overnight.
- ☐ Lay the flank steak on a work surface, top with spinach leaves, place the red pepper strips, the carrots and cooked eggs in the center of the meat.Star rolling the meat mixture to enclose the eggs and vegetables completely. Tie with kitchen string to hold the roll together.In a sauce pan, heat the olive oil and add the rolled flank steak and brown on all sides.
- ☐ Transfer to a baking dish, then add the beef stock, thyme, garlic, onion and bay leaf and bake at 350F for about 1 hour and 15 minutes or until the meat is cooked.
- ☐ Let the meat rest for 15 to 20 minutes before removing the string.
- ☐ Remove the strings and cut into slices, serve it hot or cold.

Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:0.91, Inflammation Score:-10, Nutrition Score:20.698260856711%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 254.9kcal (12.75%), Fat: 12.62g (19.41%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.97g (2.18%), Cholesterol: 149.88mg (49.96%), Sodium: 457.03mg (19.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.55%), Selenium: 41.5µg (59.29%), Vitamin A: 2960.89IU (59.22%), Vitamin B6: 0.86mg (42.88%), Vitamin B3: 8.07mg (40.36%), Zinc: 4.9mg (32.67%), Phosphorus: 313.22mg (31.32%), Vitamin K: 30.61µg (29.16%), Vitamin C: 18.58mg (22.52%), Vitamin B12: 1.23µg (20.46%), Vitamin B2: 0.34mg (19.92%), Potassium: 681.88mg (19.48%), Iron: 2.85mg (15.82%), Vitamin B5: 1.15mg (11.47%), Folate: 45.82µg (11.45%), Magnesium: 43.15mg (10.79%), Vitamin E: 1.59mg (10.57%), Vitamin B1: 0.14mg (9.49%), Copper: 0.17mg (8.38%), Manganese: 0.15mg (7.56%), Calcium: 62.35mg (6.24%), Fiber: 1.02g (4.08%), Vitamin D: 0.44µg (2.93%)