

food
network



HEALTH SCORE

87%

Meat Rolls with Beans: Involtini con Fagioli



Very Healthy

READY IN



70 min.

SERVINGS



6

CALORIES



1111 kcal

BREAD

Ingredients

- ☐ 2 cups tomatoes canned peeled finely chopped
- ☐ 1.5 pounds beans dried peeled drained
- ☐ 1 eggs
- ☐ 6 servings flour for frying all-purpose
- ☐ 0.3 pound mushrooms dried fresh
- ☐ 1 clove garlic sliced
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground veal

- ☐ 0.3 cup olive oil plus extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 0.3 pound pancetta finely chopped
- ☐ 1 bunch parsley italian finely chopped
- ☐ 0.5 cup pecorino cheese freshly grated
- ☐ 6 servings salt and pepper
- ☐ 3 pounds veal shoulder sliced

Equipment

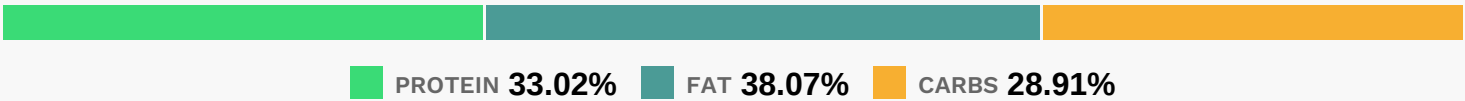
- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ In a dutch oven, place the pancetta and cook over medium heat until most of the fat is rendered.
- ☐ Add the beans, 1 clove garlic, and half of the parsley and cook over medium-high heat, stirring occasionally. Cook for 5 minutes, until the onion is softened, then add the tomatoes, and salt and pepper, to taste.
- ☐ In a separate skillet, heat 1/4 cup oil over high heat and add the mushrooms. Cook over very high heat until they begin to get browned and crisp, then add 1 clove garlic and a pinch of parsley.
- ☐ Remove from heat and set aside.
- ☐ In a large bowl, combine the ground veal, pork, grated cheese, egg, salt, and pepper, to taste, and, once they have cooled, the cooked mushrooms.
- ☐ Mix these ingredients well and divide evenly among the slices of veal, placing a portion in the center of each slice. Season with salt and pepper, and roll each slice up, securing with butcher's twine. Dust each roll with flour.
- ☐ In a separate skillet, heat the remaining olive oil over high heat and add the rolls, working in batches to avoid overcrowding the pan. Brown the rolls on all sides, then add to the

simmering bean and tomato sauce, and simmer for 20 minutes. Season the sauce with salt and pepper and serve the rolls with sauce drizzled on top.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:25.87, Inflammation Score:-10, Nutrition Score:64.387391453204%

Flavonoids

Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg Pelargonidin: 5.47mg, Pelargonidin: 5.47mg, Pelargonidin: 5.47mg, Pelargonidin: 5.47mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 1110.62kcal (55.53%), Fat: 46.97g (72.26%), Saturated Fat: 16.01g (100.04%), Carbohydrates: 80.22g (26.74%), Net Carbohydrates: 60.59g (22.03%), Sugar: 7.26g (8.07%), Cholesterol: 292.6mg (97.53%), Sodium: 794.84mg (34.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.67g (183.33%), Vitamin K: 172.14µg (163.94%), Vitamin B3: 26.56mg (132.77%), Folate: 521.49µg (130.37%), Phosphorus: 1224.02mg (122.4%), Vitamin B6: 1.93mg (96.38%), Vitamin B1: 1.34mg (89.41%), Zinc: 13.09mg (87.27%), Potassium: 2917.34mg (83.35%), Fiber: 19.63g (78.54%), Manganese: 1.56mg (77.9%), Vitamin B2: 1.27mg (74.52%), Iron: 12.29mg (68.26%), Vitamin B12: 4.07µg (67.85%), Copper: 1.35mg (67.33%), Magnesium: 258.62mg (64.65%), Selenium: 44.54µg (63.63%), Vitamin B5: 5.43mg (54.33%), Vitamin C: 27.33mg (33.13%), Calcium: 279.48mg (27.95%), Vitamin E: 3.49mg (23.24%), Vitamin A: 1057.95IU (21.16%), Vitamin D: 0.3µg (2.01%)