



Meat rolls with prosciutto and sage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

Ingredients

- 600 g flank steak
- 2 tsp penzey's southwest seasoning
- 100 g pancetta cut into thin slices
- 4 sage
- 1 tsp cornstarch
- 200 ml wine
- 2 Tbs olive oil
- 2 Tbs butter
- 4 servings pepper black

Equipment

- whisk
- toothpicks

Directions

- Wash, dry and flatten the steaks.
- Rub one side of each steak with Vegeta Natur.
- Cover the other side of the steak with a slice of prosciutto and a sage leaf.
- Roll the steak and secure the roll with wooden or metal toothpicks.
- Whisk corn starch into the wine.
- Saut the rolls on all sides in the hot mixture of oil and butter until golden, then stir in wine and season with pepper.
- Cover and simmer the rolls over low heat for 20 minutes or until very tender.
- Remove the toothpicks before serving.

Nutrition Facts

 **PROTEIN 33.1%**  **FAT 63.31%**  **CARBS 3.59%**

Properties

Glycemic Index:25.5, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:19.386086956522%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 472.87kcal (23.64%), Fat: 30.29g (46.6%), Saturated Fat: 11.09g (69.32%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.59g (0.66%), Cholesterol: 121.77mg (40.59%), Sodium: 294.01mg (12.78%), Alcohol: 5.22g (29.02%), Protein: 35.63g (71.26%), Selenium: 49.53µg (70.75%), Vitamin B3: 10.52mg (52.6%), Vitamin B6: 1.03mg (51.28%), Zinc: 6.18mg (41.17%), Phosphorus: 353.72mg (35.37%), Vitamin B12: 1.5µg (25.03%), Vitamin K: 22.2µg (21.14%), Iron: 3.51mg (19.52%), Potassium: 631.36mg (18.04%), Vitamin E: 2.17mg (14.44%), Copper: 0.26mg (13.11%), Vitamin B2: 0.22mg (12.71%), Vitamin B1: 0.18mg (12.3%), Magnesium: 48.12mg (12.03%), Vitamin B5: 1.14mg (11.38%), Manganese: 0.22mg (10.93%), Calcium: 79.17mg (7.92%), Folate: 26.08µg (6.52%), Vitamin A: 229.15IU (4.58%), Fiber: 1.08g (4.32%)