



## Mexican Stuffed Flank Steak



Gluten Free



Dairy Free



Low Fod Map

READY IN



1565 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup ancho chiles crushed
- 4 slices oscar mayer bacon cooked drained chopped
- 2 cups beef broth
- 2 lb beef flank steak
- 1 medium carrots shredded
- 0.3 cup cilantro leaves divided chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 Tbsp oregano leaves dried

- 1 small potatoes shredded peeled
- 1 serrano chile finely chopped

## Equipment

- frying pan
- blender
- ziploc bags
- cutting board
- kitchen twine

## Directions

- Place broth, 1/4 cup of the dressing, the ancho peppers and oregano in blender; cover. Blend on medium speed 1 min.
- Pour into large resealable plastic bag.
- Add steak; seal bag. Turn bag over several times to evenly coat steak with the broth mixture. Refrigerate overnight to marinate, turning occasionally.
- Mix potatoes, carrots, serrano chiles, bacon and 2 Tbsp. of the cilantro; set aside.
- Remove steak from marinade; reserve marinade in bag.
- Place steak on clean work surface.
- Spread evenly with potato mixture to within 1/2 inch of edges.
- Roll up tightly, starting at one of the short ends. Tie securely with kitchen string at 2-inch intervals; set aside.
- Heat remaining 1/4 cup dressing in large skillet on medium-high heat.
- Add steak; cook until browned on all sides, turning occasionally.
- Add reserved marinade; bring to boil. Reduce heat to low; cover. Simmer 1 hour 45 min. or until steak is medium doneness (160F).
- Transfer steak to cutting board; let stand 10 min.
- Remove string; cut steak into 1/2-inch-thick slices.
- Place on serving platter. Spoon broth mixture over steak slices; sprinkle with the remaining 2 Tbsp. cilantro.

# Nutrition Facts

■ PROTEIN 32.92% ■ FAT 37% ■ CARBS 30.08%

## Properties

Glycemic Index:27.93, Glycemic Load:3.96, Inflammation Score:-10, Nutrition Score:34.751739424208%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 477.32kcal (23.87%), Fat: 20.07g (30.88%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 36.73g (12.24%), Net Carbohydrates: 24.09g (8.76%), Sugar: 19.09g (21.21%), Cholesterol: 100.4mg (33.47%), Sodium: 714.5mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.19g (80.38%), Vitamin A: 12224.59IU (244.49%), Vitamin B3: 14.53mg (72.66%), Selenium: 50.03µg (71.47%), Vitamin B6: 1.41mg (70.3%), Vitamin K: 64.69µg (61.61%), Fiber: 12.63g (50.54%), Zinc: 6.51mg (43.43%), Potassium: 1510.48mg (43.16%), Phosphorus: 424.23mg (42.42%), Vitamin B2: 0.7mg (41.12%), Iron: 5.54mg (30.75%), Vitamin B12: 1.51µg (25.09%), Vitamin C: 19.29mg (23.38%), Manganese: 0.46mg (23.01%), Magnesium: 82.68mg (20.67%), Vitamin E: 2.41mg (16.09%), Vitamin B5: 1.55mg (15.52%), Vitamin B1: 0.22mg (14.58%), Copper: 0.25mg (12.67%), Folate: 50.45µg (12.61%), Calcium: 78.19mg (7.82%)