



WHATSheATE



HEALTH SCORE

84%

## Mozzarella beef wraps



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



1813 kcal

### Ingredients



12 minute steaks thin-cut



1 small bunch basil



300 g mozzarella cheese



1 tbsp oil



300 g sunblush pepper from the deli counter



1 handful olives green black



1 tbsp balsamic vinegar

### Equipment



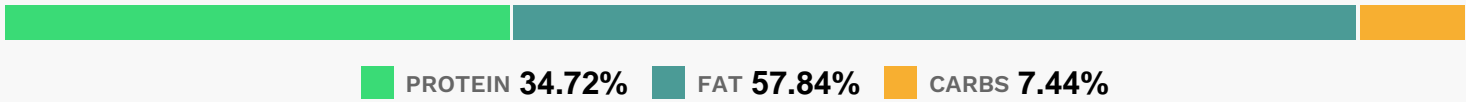
oven

- ☐ aluminum foil
- ☐ cocktail sticks

## Directions

- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Season steaks, place a few basil leaves on each and split the mozzarella between them. Bring the sides of the steaks together to make an open parcel, securing the edges with a cocktail stick. If making up to a day ahead, cover and chill.
- ☐ Heat a heavy-based roasting tin on a high heat, add the oil and brown the beef on all sides this should take about 1 min in total and the meat will still be rare in the middle.
- ☐ Add the peppers, their oil and the olives to the tin, pour over the vinegar, then roast for 2–3 mins for medium rare, longer for well done. Cover with foil and leave to rest for up to 5 mins. Scatter over remaining basil before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.83, Glycemic Load:6.72, Inflammation Score:-8, Nutrition Score:60.423912718244%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 1813.21kcal (90.66%), Fat: 116.43g (179.13%), Saturated Fat: 48.38g (302.37%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 20.91g (7.6%), Sugar: 1.26g (1.4%), Cholesterol: 420.3mg (140.1%), Sodium: 743.37mg (32.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 157.27g (314.53%), Vitamin B12: 20.04µg (334.07%), Manganese: 6.5mg (324.93%), Selenium: 123.18µg (175.98%), Zinc: 24.37mg (162.49%), Phosphorus: 1440.59mg (144.06%), Vitamin B6: 2.75mg (137.55%), Vitamin B3: 25.33mg (126.64%), Iron: 18.82mg (104.56%), Vitamin K: 90.24µg (85.95%), Vitamin B2: 1.46mg (85.69%), Potassium: 2812.02mg (80.34%), Copper: 1.22mg (60.88%), Magnesium: 233.04mg (58.26%), Calcium: 519.61mg (51.96%), Fiber: 12.78g (51.13%), Vitamin B1: 0.75mg (50.01%), Vitamin B5: 2.88mg (28.82%), Vitamin A: 694.93IU (13.9%), Folate: 53.81µg (13.45%), Vitamin E: 1.16mg (7.74%), Vitamin D: 0.2µg (1.33%)