



HEALTH SCORE

51%

My Mama's Braciolo

READY IN



35 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula chopped
- ☐ 8 slices beef braciolo very thinly sliced
- ☐ 1 cup beef broth
- ☐ 1.5 cups bread crumbs plain
- ☐ 2 tablespoons butter
- ☐ 4 servings coarse salt and pepper black
- ☐ 12 crimini mushrooms finely chopped
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 cup flat-leaf parsley leaves chopped

- ☐ 2 tablespoons flour
- ☐ 2 cloves garlic
- ☐ 0.5 cup milk
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 1 small onion finely chopped
- ☐ 0.7 cup parmigiano-reggiano
- ☐ 8 slices prosciutto di parma
- ☐ 4 servings round toothpicks plain
- ☐ 1 tablespoon tomato paste

Equipment

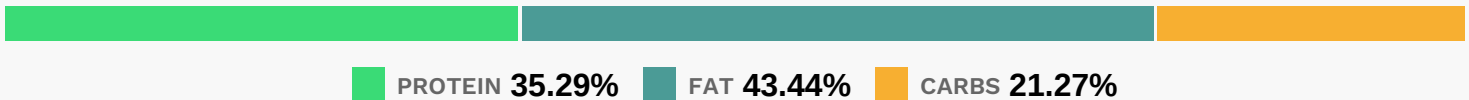
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Season meat with salt and pepper. Top each slice of meat with a slice of prosciutto. In a medium bowl, moisten bread crumbs with milk.
- ☐ Add grated cheese, onion, parsley, arugula, salt and pepper to the crumbs and combine well.
- ☐ Spread a thin layer of stuffing down the center of each beef slice and roll tightly. Fasten rolled meat with plain toothpicks.
- ☐ Heat a large nonstick skillet over medium high heat.
- ☐ Add oil to a hot pan along with garlic. Set meat into pan and brown on all sides, 6 minutes.
- ☐ Remove the meat from the pan.
- ☐ Add butter to the pan.
- ☐ Add mushrooms to the melted butter.
- ☐ Saute mushrooms 5 minutes.

- ☐ Add flour to the pan and cook 2 minutes.
- ☐ Whisk wine into the flour and mushrooms and scrape up pan drippings. Reduce wine 1 minute, then whisk in beef broth and tomato paste. Set meat back into sauce and reduce heat to medium low. Partially cover pan with a cover left ajar an inch. Simmer meat in sauce 10 to 15 minutes.
- ☐ Transfer beef rolls to a platter, removing toothpicks.
- ☐ Pour pan gravy down over the beef rolls and serve.

Nutrition Facts



Properties

Glycemic Index:92.75, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:48.237391202346%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 840.59kcal (42.03%), Fat: 38.02g (58.5%), Saturated Fat: 14.44g (90.26%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 38.79g (14.1%), Sugar: 7.14g (7.94%), Cholesterol: 184.4mg (61.47%), Sodium: 1318.05mg (57.31%), Alcohol: 6.18g (100%), Alcohol %: 1.39% (100%), Protein: 69.49g (138.99%), Selenium: 100.64µg (143.78%), Vitamin K: 139.75µg (133.1%), Vitamin B3: 22.39mg (111.96%), Vitamin B6: 1.8mg (89.97%), Phosphorus: 855.19mg (85.52%), Vitamin B12: 5.01µg (83.58%), Zinc: 12.08mg (80.53%), Vitamin B2: 1.01mg (59.15%), Vitamin B1: 0.79mg (52.53%), Iron: 8.43mg (46.82%), Potassium: 1454.79mg (41.57%), Calcium: 404.09mg (40.41%), Copper: 0.69mg (34.7%), Manganese: 0.69mg (34.28%), Vitamin B5: 3.09mg (30.88%), Folate: 117.99µg (29.5%), Magnesium: 110.64mg (27.66%), Vitamin A: 1172.36IU (23.45%), Vitamin C: 13.36mg (16.2%), Vitamin E: 2.27mg (15.15%), Fiber: 3.1g (12.42%), Vitamin D: 0.77µg (5.14%)