



 **56%**
HEALTH SCORE

Pammie's Bracirole Sandwich

READY IN



225 min.

SERVINGS



6

CALORIES



1618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds burrata cheese
- 2 cups buttermilk
- 56 ounce tomatoes crushed canned
- 1 teaspoon pepper red crushed
- 0.3 cup cooking wine dry red
- 1 flank steak
- 0.8 cup flat-leaf parsley leaves fresh minced
- 3 cups flour all-purpose
- 0.3 cup garlic minced

- 2 tablespoons garlic minced
- 6 hero rolls italian soft
- 1 tablespoon penzey's southwest seasoning dry italian
- 6 servings olive oil as needed
- 4 ounces parmigiano-reggiano shaved
- 1 cup pecorino cheese grated
- 8 ounces peppadew peppers red sliced
- 6 servings salt and pepper black freshly ground
- 1 cup seasoned bread crumbs
- 2 tablespoons tomato paste
- 4 cups vegetable oil
- 0.5 onion diced yellow
- 2 onions yellow

Equipment

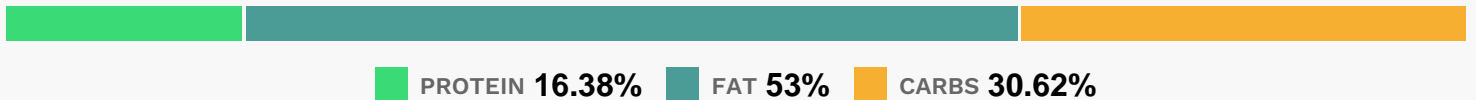
- frying pan
- paper towels
- pot
- dutch oven
- kitchen twine

Directions

- For the steak: Gently pound the steak to 1/4-inch thickness.
- Sprinkle the breadcrumbs, pecorino, parsley and garlic onto the meat.
- Drizzle 2 tablespoons olive oil over the meat.
- Roll the meat with the grain and tie with butcher's twine to secure the roll.
- Sprinkle the outside of the roll generously with salt and pepper.
- Heat a Dutch oven over high heat, add 1/4 cup olive oil and sear the beef on all sides until golden brown.

- Remove the meat from the pan and set aside.
- Turn down the heat to medium and add 3 tablespoons olive oil, the onions, garlic, Italian seasoning and crushed red pepper. Sweat until translucent, about 10 minutes, stirring to avoid burning.
- Add the tomato paste and cook 3 more minutes. Then deglaze the pan with the wine, scraping all the fond from the bottom, and add the crushed tomatoes. Season with salt and pepper. Bring to a simmer and add the meat back to the pan. Simmer over low heat until the meat is tender, about 2 hours. Taste and season again with salt and pepper, if necessary.
- Remove the meat from the pot, cut the twine and slice against the grain into 1/4 to 1/2-inch slices. Reserve the tomato sauce.
- To assemble the sandwiches: Take a warm, buttered hero roll and place 3 slices of the braciola on the bread. Follow with a few shaving of the Parmigiano-Reggiano, some dollops of burrata, the peppadew peppers and top with the Fried Onions.
- Serve with a side of the tomato sauce for dipping.
- In a large pot, heat the oil to 350 degrees F. Slice the onions into thin half moons and soak in the buttermilk for 15 minutes.
- Drain on a rack. Season the flour with salt and pepper and then dredge the onions into the mixture. Fry until golden brown.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:84.83, Glycemic Load:66.71, Inflammation Score:-10, Nutrition Score:53.519130499467%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg, Isorhamnetin: 2.3mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg

Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg, Quercetin: 10.36mg

Nutrients (% of daily need)

Calories: 1617.59kcal (80.88%), Fat: 99.74g (153.45%), Saturated Fat: 36.35g (227.22%), Carbohydrates: 129.66g (43.22%), Net Carbohydrates: 118.34g (43.03%), Sugar: 25.17g (27.97%), Cholesterol: 169.14mg (56.38%), Sodium: 1573.66mg (68.42%), Alcohol: 1.05g (100%), Alcohol %: 0.13% (100%), Protein: 69.37g (138.73%), Vitamin K: 219.1µg (208.67%), Calcium: 1501.16mg (150.12%), Iron: 20.31mg (112.83%), Vitamin C: 72.43mg (87.79%), Manganese: 1.45mg (72.72%), Selenium: 50.27µg (71.81%), Vitamin B1: 1.03mg (68.73%), Phosphorus: 634.26mg (63.43%), Vitamin A: 2982.85IU (59.66%), Vitamin E: 8.76mg (58.38%), Vitamin B3: 11.27mg (56.35%), Folate: 210.82µg (52.71%), Vitamin B2: 0.89mg (52.35%), Vitamin B6: 1.02mg (51.19%), Fiber: 11.32g (45.27%), Potassium: 1437.09mg (41.06%), Copper: 0.79mg (39.49%), Magnesium: 126.66mg (31.66%), Zinc: 4.51mg (30.07%), Vitamin B5: 2.02mg (20.25%), Vitamin B12: 1.19µg (19.9%), Vitamin D: 1.22µg (8.12%)