



Red Wine Marinated Flank Steak Filled with Prosciutto, Fontina and Basil with Cabernet-Shallot Reduction

 Gluten Free

READY IN



295 min.

SERVINGS



6

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns black
- 1 cup cooking wine dry red such as cabernet
- 2 pounds flank steak
- 0.3 pound fontina thinly sliced
- 14 basil leaves fresh
- 1 tablespoon honey

- 0.3 cup olive oil
- 2 teaspoons olive oil
- 6 servings olive oil
- 0.3 pound pancetta thinly sliced
- 6 servings salt
- 6 servings salt and pepper
- 3 shallots finely chopped
- 4 shallots coarsely chopped
- 1 bottle cabernet wine

Equipment

- bowl
- paper towels
- sauce pan
- whisk
- baking pan
- grill
- kitchen thermometer
- kitchen twine

Directions

- Watch how to make this recipe.
- Whisk together shallots, wine and olive oil in a large baking dish.
- Add the steak and turn to coat. Cover and refrigerate for at least 4 hours or overnight.
- Heat grill to high.
- Remove the steak from the marinade and blot with paper towels.
- Lay on a flat surface, cut side up, and season with salt and pepper. Cover the surface with the prosciutto slices, then top with the cheese and a layer of basil leaves. Starting with the side facing you, tightly roll up the steak around the filling. Using kitchen string, tie the roll in 4 or 5

places.

- Brush the outside of the steak with oil and season with salt and pepper. Grill the steak over high heat until browned all over, 8 to 10 minutes. Turn the steak 4 times as it cooks. Move the meat away from the direct heat and grill for 15 to 20 minutes, or until an instant-read thermometer registers 125 degrees F for medium-rare.
- Remove from the grill and let rest 5 minutes before slicing. Slice against the grain into 1/2-inch thick slices and drizzle with the Cabernet-Shallot Reduction.
- Heat oil in a large saucepan on the grates of the grill over high heat.
- Add the shallots and cook until soft.
- Add the wine and peppercorns, bring to a boil and cook until thickened and reduced to 1 cup. Strain the mixture into a bowl and season with salt, to taste, and honey.

Nutrition Facts

PROTEIN 26.04% **FAT 65.45%** **CARBS 8.51%**

Properties

Glycemic Index:42.71, Glycemic Load:3.38, Inflammation Score:-7, Nutrition Score:22.474782591281%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 745.22kcal (37.26%), Fat: 45.33g (69.74%), Saturated Fat: 12.65g (79.07%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 12.11g (4.4%), Sugar: 6.46g (7.17%), Cholesterol: 125.12mg (41.71%), Sodium: 754.59mg (32.81%), Alcohol: 17.2g (100%), Alcohol %: 5.27% (100%), Protein: 40.59g (81.17%), Selenium: 51.81µg (74.01%), Vitamin B6: 1.15mg (57.66%), Vitamin B3: 10.49mg (52.45%), Zinc: 6.98mg (46.53%), Phosphorus: 442.35mg (44.23%), Vitamin B12: 1.79µg (29.8%), Vitamin E: 4.1mg (27.34%), Potassium: 800.91mg (22.88%), Vitamin K: 22.26µg (21.2%), Iron: 3.52mg (19.54%), Manganese: 0.37mg (18.48%), Calcium: 163.03mg (16.3%), Vitamin B2: 0.27mg (15.63%), Magnesium: 59.98mg (15%), Vitamin B5: 1.28mg (12.84%), Vitamin B1: 0.19mg (12.66%), Copper:

0.17mg (8.62%), Folate: 32.79µg (8.2%), Vitamin A: 233.96IU (4.68%), Fiber: 1.14g (4.56%), Vitamin C: 2.52mg (3.05%), Vitamin D: 0.19µg (1.26%)