



Rice-Stuffed Flank Steak

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound flank steak
- 0.8 cup broccoli florets fresh chopped
- 0.1 teaspoon ground pepper
- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 1 teaspoon garlic powder
- 2 ounces gouda cheese smoked shredded
- 0.1 teaspoon liquid smoke

- 1 tablespoon soy sauce reduced-sodium
- 2 tablespoons onion chopped
- 2 tablespoons bell pepper sweet red chopped
- 0.1 teaspoon lawry's seasoned salt
- 0.7 cup water
- 0.5 cup rice white uncooked minute®
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- 3 tablespoons worcestershire sauce

Equipment

- sauce pan
- oven
- baking pan
- ziploc bags

Directions

- Starting along one long side, cut a horizontal slit through the steak to within 1/2 in. of the opposite side, forming a pocket.
- In a large resealable plastic bag, combine the Worcestershire sauce, soy sauce, garlic powder and Liquid Smoke if desired; add the steak. Seal bag and turn to coat; refrigerate for at least 30 minutes.
- Meanwhile, in a small saucepan, combine the broccoli, water, mushrooms, onion and red pepper. Bring to a boil. Stir in rice; cover and remove from the heat.
- Let stand for 5-10 minutes or until water is absorbed. Fluff with a fork; stir in the remaining ingredients.
- Drain and discard marinade. Stuff steak with 1 cup rice mixture.
- Transfer to an 8-in. square baking dish coated with cooking spray.
- Place remaining rice mixture around stuffed steak. Cover and bake at 350° for 40-45 minutes or until meat is tender.

Nutrition Facts

PROTEIN 30.02% FAT 21.7% CARBS 48.28%

Properties

Glycemic Index:170.69, Glycemic Load:45.85, Inflammation Score:-7, Nutrition Score:37.269130318061%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 729.72kcal (36.49%), Fat: 17.27g (26.56%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 86.41g (28.8%), Net Carbohydrates: 83.25g (30.27%), Sugar: 5.72g (6.36%), Cholesterol: 134.38mg (44.79%), Sodium: 1111.81mg (48.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.74g (107.48%), Selenium: 74.17µg (105.96%), Vitamin B3: 14.44mg (72.18%), Phosphorus: 709.04mg (70.9%), Vitamin B6: 1.39mg (69.64%), Zinc: 9.23mg (61.51%), Manganese: 1.2mg (59.86%), Vitamin C: 47.52mg (57.6%), Vitamin B2: 0.63mg (37.34%), Vitamin K: 38.45µg (36.62%), Potassium: 1268.01mg (36.23%), Vitamin B12: 2µg (33.39%), Calcium: 314.01mg (31.4%), Vitamin B5: 3.1mg (30.99%), Iron: 5.53mg (30.74%), Copper: 0.59mg (29.44%), Magnesium: 93.34mg (23.34%), Vitamin B1: 0.3mg (19.76%), Folate: 77.7µg (19.43%), Vitamin A: 735.75IU (14.71%), Fiber: 3.16g (12.64%), Vitamin E: 1.18mg (7.89%), Vitamin D: 0.24µg (1.58%)