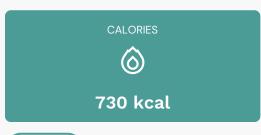


Rice-Stuffed Flank Steak

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.8 pound flank steak
O.8 cup broccoli florets fresh chopped
O.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
	O.1 teaspoon lawry's seasoned salt
	0.7 cup water
	0.5 cup rice white uncooked minute®
	0.5 cup rice white uncooked minute®
	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

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, Myricetin: 0.02mg, Myricetin: 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: Og (100%), Alcohol %: O% (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%)