



Roast Beef and Watercress Involtini



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 24 servings pesto for garnishing
- ☐ 0.8 cup cabbage shredded red finely
- ☐ 0.3 cup onion red very thinly sliced
- ☐ 1 pound rare roast beef
- ☐ 24 servings salt and pepper freshly ground
- ☐ 1.5 cups watercress sprigs packed

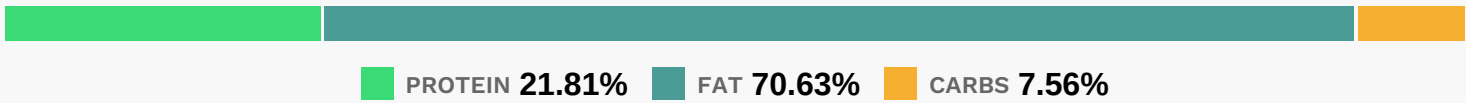
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk the olive oil with the lemon juice.
- ☐ Add the watercress, cabbage and onion, season with salt and pepper and toss.
- ☐ Spread the roast beef slices on a work surface in pairs, overlapping them slightly along the sides, so you have eight 7-by-8-inch rectangles. Season the roast beef with salt and pepper. Mound the watercress salad on the meat and roll into tight cylinders. Trim the ends and cut the rolls into thirds.
- ☐ Sprinkle with salt, dot with pesto and serve.
- ☐ Make Ahead: The rolls can be refrigerated for up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.79, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:3.3969565448554%

Flavonoids

Cyanidin: 5.84mg, Cyanidin: 5.84mg, Cyanidin: 5.84mg, Cyanidin: 5.84mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 90.43kcal (4.52%), Fat: 7.1g (10.92%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.69g (0.76%), Cholesterol: 11.97mg (3.99%), Sodium: 620.2mg (26.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin C: 11.49mg (13.93%), Calcium: 81.44mg (8.14%), Vitamin A: 401.34IU (8.03%), Vitamin B3: 1.42mg (7.11%), Vitamin K: 6.91µg (6.58%), Vitamin B12: 0.32µg (5.35%), Zinc: 0.69mg (4.63%), Vitamin B6: 0.09mg (4.33%), Phosphorus: 39.14mg (3.91%), Iron: 0.52mg (2.9%),

Potassium: 70.14mg (2%), Selenium: 1.31µg (1.87%), Vitamin B2: 0.03mg (1.67%), Fiber: 0.34g (1.36%), Magnesium: 5.09mg (1.27%), Vitamin E: 0.15mg (1.01%)