



Slow-Cooker Stuffed Flank Steak

READY IN



260 min.

SERVINGS



8

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb beef flank steak
- 0.5 cup bread crumbs dry
- 1 eggs beaten
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup oil-packed sun-dried tomatoes finely chopped
- 0.5 tsp oregano leaves dried
- 0.5 cup parmesan cheese shredded kraft
- 0.3 cup parsley italian chopped
- 1.5 cups classico family favorites pasta sauce traditional

0.3 cup pasilla peppers red chopped

Equipment

slow cooker

kitchen twine

Directions

Mix all ingredients except steak and pasta sauce until blended.

Place steak, top side down, on work surface; spread with cheese mixture to within 2 inches of edges.

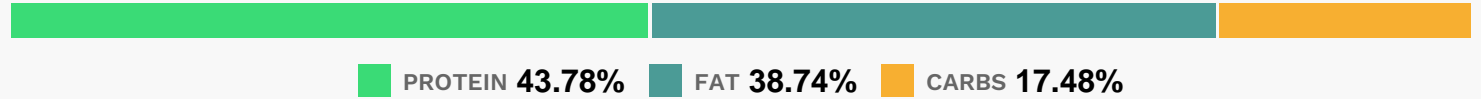
Roll up steak, starting at one short end. Tie closed with kitchen string.

Place in slow cooker sprayed with cooking spray; top with pasta sauce. Cover with lid.

Cook on LOW 4 to 6 hours.

Remove and discard string before serving roll-up.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:19.201739329359%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 271.71kcal (13.59%), Fat: 11.54g (17.75%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 10.09g (3.67%), Sugar: 5.22g (5.8%), Cholesterol: 92.75mg (30.92%), Sodium: 585.98mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Selenium: 39.02µg (55.74%), Vitamin K: 44.6µg (42.47%), Vitamin B3: 8.39mg (41.96%), Vitamin B6: 0.79mg (39.58%), Zinc: 4.9mg (32.66%), Phosphorus: 323.77mg (32.38%), Potassium: 701.57mg (20.04%), Vitamin B12: 1.18µg (19.66%), Iron: 3.19mg (17.72%), Vitamin C: 13.08mg (15.85%), Vitamin B2: 0.26mg (15.09%), Calcium: 130.08mg (13.01%), Vitamin B1: 0.19mg (12.53%), Vitamin

A: 618.4IU (12.37%), Magnesium: 47.35mg (11.84%), Vitamin B5: 1.1mg (11.01%), Copper: 0.21mg (10.73%), Manganese: 0.21mg (10.41%), Vitamin E: 1.5mg (9.98%), Folate: 36.72 μ g (9.18%), Fiber: 1.62g (6.49%)