

Spinach and Gorgonzola Stuffed Flank Steak

Very Healthy

READY IN

SERVINGS

CALORIES

A5 min.

4 523 kcal

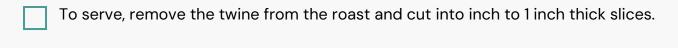
LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

1.5 pounds flank steak trimmed
3 tablespoon olive oil
1 shallots finely chopped
0.5 pound pkt spinach washed stemmed chopped
0.8 cup breadcrumbs fresh
0.3 pound cheese blue crumbled
4 servings salt and pepper

Equipment

	bowl
	frying pan
	oven
	knife
	plastic wrap
	aluminum foil
	colander
	cutting board
	kitchen twine
Directions	
	Preheat oven to 37
	Butterfly the steak by using a long sharp knife holding it parallel to the work surface, cut through the long side of the steak, stopping about inch from the opposite side. If the steak is already thin, just pound it with a mallet to inch thick.
	In a large skillet over medium heat add 1 tablespoon olive oil and saut` the shallots until soft, 2 minutes.
	Add the spinach and cook until just wilted, about 2 to 3 minutes.
	Transfer to a colander.
	When cool enough to handle, squeeze out all the moisture from the spinach and transfer to a medium bowl. Stir in the bread crumbs and cheese. Season with salt and pepper.
	Place the steak on a sheet of plastic wrap. Smear the spinach mixture evenly over the steak, leaving about 1 inch border along the side edge. Beginning with the side near you and using the plastic wrap as an aid, rollup the steak, gently pressing on the filling.
	Tie the rolled steak with twine at 2-3 inch interval.
	Season the outside with salt and pepper.
	Heat the remaining 2 tablespoons olive oil in a large ovenproof skillet over medium high heat. Sear the roast on all sided, about 2 minutes per side.
	Place in the oven and roast for 20 to 25 minutes.
	Transfer to a cutting board, tend with aluminum foil and allow resting for 10 minutes.



Nutrition Facts

PROTEIN 36.34% 📗 FAT 49.48% 📒 CARBS 14.18%

Properties

Glycemic Index:22.25, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:38.026956521739%

Flavonoids

Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg Luteolin: O.43mg, Luteolin: O.43mg, Luteolin: O.43mg, Luteolin: O.43mg, Luteolin: O.43mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: O.2mg, Myricetin: O.2mg, Myricetin: O.2mg, Myricetin: O.2mg, Myricetin: O.2mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Taste

Sweetness: 15.19%, Saltiness: 100%, Sourness: 29.59%, Bitterness: 23.53%, Savoriness: 56.57%, Fattiness: 65.62%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 523.46kcal (26.17%), Fat: 28.44g (43.76%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 15.99g (5.81%), Sugar: 2.13g (2.36%), Cholesterol: 123.32mg (41.11%), Sodium: 803.94mg (34.95%), Protein: 47g (94%), Vitamin K: 284.29µg (270.75%), Vitamin A: 5533.23IU (110.66%), Selenium: 60.03µg (85.76%), Vitamin B3: 12.65mg (63.24%), Vitamin B6: 1.23mg (61.64%), Zinc: 7.89mg (52.59%), Phosphorus: 518.25mg (51.83%), Folate: 166.11µg (41.53%), Manganese: 0.73mg (36.74%), Vitamin B12: 1.96µg (32.74%), Iron: 5.36mg (29.76%), Potassium: 1029.7mg (29.42%), Vitamin B2: 0.49mg (29.05%), Calcium: 281.13mg (28.11%), Vitamin B1: 0.37mg (24.97%), Magnesium: 98.76mg (24.69%), Vitamin E: 3.25mg (21.64%), Vitamin C: 16.43mg (19.92%), Vitamin B5: 1.73mg (17.29%), Copper: 0.27mg (13.33%), Fiber: 2.36g (9.43%)