



Spinach and Gorgonzola Stuffed Flank Steak

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



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.

To serve, remove the twine from the roast and cut into inch to 1 inch thick slices.

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg 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%)