



Steak Involtini

READY IN



33 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs plain
- ☐ 0.5 cup basil leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 16 ounce london broil steaks trimmed
- ☐ 26 ounce tomatoes
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.8 cup parmesan grated

☐ 0.8 cup mozzarella cheese shredded

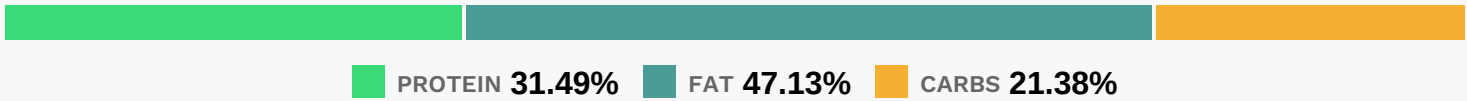
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ skewers
- ☐ cutting board

Directions

- ☐ For the breading: In a small bowl, combine the bread crumbs and 1/4 cup Parmesan cheese. Set aside.
- ☐ For the filling: In a large bowl, mix together 1/4 cup of Parmesan, mozzarella cheese, 1/4 cup olive oil, basil, and garlic. Season with salt and pepper, to taste.
- ☐ Cut the steaks in half crosswise and place on a work surface.
- ☐ Spread the mixture evenly over the steaks.
- ☐ Roll up the steaks and secure with skewers.
- ☐ In a medium skillet, heat the remaining 1/4 cup of oil over medium heat.
- ☐ Roll the steaks in the bread crumb mixture until coated and add to the skillet. Cook the steaks until brown on all sides, about 6 to 8 minutes.
- ☐ Add the marinara sauce to the pan. Bring the sauce to a simmer and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Simmer, turning occasionally, for 10 to 15 minutes for medium-well.
- ☐ Remove the skewers, place the steaks on a cutting board and slice thinly. Arrange the steak slices on plates and serve with the marinara sauce.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:31.994782598122%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 580.67kcal (29.03%), Fat: 30.49g (46.9%), Saturated Fat: 10.44g (65.25%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 27.04g (9.83%), Sugar: 8.68g (9.64%), Cholesterol: 102.76mg (34.25%), Sodium: 1676.5mg (72.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.84g (91.68%), Selenium: 53.51µg (76.44%), Phosphorus: 600.29mg (60.03%), Vitamin B3: 11.55mg (57.73%), Vitamin B6: 1.04mg (51.86%), Calcium: 510.81mg (51.08%), Zinc: 7.32mg (48.82%), Vitamin B12: 2.4µg (40.07%), Vitamin E: 5.07mg (33.79%), Iron: 5.81mg (32.28%), Vitamin B2: 0.54mg (31.87%), Potassium: 1078.47mg (30.81%), Vitamin B1: 0.43mg (28.88%), Vitamin K: 29.98µg (28.55%), Manganese: 0.54mg (27.24%), Vitamin A: 1294.04IU (25.88%), Copper: 0.43mg (21.49%), Magnesium: 85.27mg (21.32%), Vitamin C: 13.91mg (16.86%), Folate: 66.67µg (16.67%), Vitamin B5: 1.65mg (16.48%), Fiber: 4.08g (16.34%), Vitamin D: 0.21µg (1.39%)