



Steak Pinwheels with Sun-Dried Tomato Stuffing and Rosemary Mashed Potatoes

READY IN



62 min.

SERVINGS



6

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 4 tablespoons butter ()
- 1.7 cups beef broth canned
- 2 teaspoons rosemary leaves fresh finely chopped
- 11 ounce potatoes refrigerated prepared mashed
- 6 servings salt and pepper black freshly ground
- 1.3 pound skirt steak
- 6.6 ounce bread stuffing mix

- 0.8 cup ready-to-use sun-dried tomatoes (packed in oil)
- 0.3 cup milk (whole)

Equipment

- baking sheet
- sauce pan
- oven
- toothpicks
- aluminum foil
- skewers

Directions

- Add broth, sun-dried tomatoes, and butter to a medium saucepan and bring to a boil over medium-high heat. Stir in contents of stuffing mix pouch. Cover saucepan and remove from heat.
- Let stand 5 minutes. Fluff stuffing with fork.
- Let stuffing cool completely.
- Preheat oven to 425 degrees F.
- Lay steak flat on clean work surface and sprinkle with salt and pepper. Cover steak evenly with stuffing.
- Roll up steak lengthwise to create a pinwheel effect, enclosing stuffing completely. Skewer seam with toothpicks.
- Place the steak roll, seam side down, on a foil-covered cookie sheet.
- Sprinkle roll with salt and pepper. Roast until steak is golden brown and cooked through, about 40 minutes.
- While steak is cooking, transfer potatoes from package into a medium saucepan.
- Add butter, milk, and rosemary, and warm over medium-low until completely heated through. Season, to taste, with salt and pepper.

Nutrition Facts



■ PROTEIN **22.71%** ■ FAT **44.07%** ■ CARBS **33.22%**

Properties

Glycemic Index:47.29, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:23.029130474381%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 486.25kcal (24.31%), Fat: 24.24g (37.28%), Saturated Fat: 12.87g (80.45%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 37.24g (13.54%), Sugar: 8.66g (9.62%), Cholesterol: 101.47mg (33.82%), Sodium: 891.06mg (38.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.21%), Selenium: 37.52µg (53.6%), Vitamin B3: 9.49mg (47.47%), Zinc: 6.86mg (45.73%), Vitamin B12: 2.15µg (35.88%), Vitamin B6: 0.67mg (33.56%), Vitamin B2: 0.55mg (32.17%), Potassium: 1100.4mg (31.44%), Manganese: 0.62mg (30.86%), Phosphorus: 291.7mg (29.17%), Iron: 4.64mg (25.75%), Vitamin B1: 0.36mg (24.32%), Copper: 0.41mg (20.28%), Vitamin C: 15.64mg (18.95%), Magnesium: 75.02mg (18.76%), Folate: 74.84µg (18.71%), Fiber: 3.86g (15.45%), Vitamin A: 616.99IU (12.34%), Vitamin B5: 1.19mg (11.87%), Vitamin K: 10.17µg (9.69%), Calcium: 78.84mg (7.88%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.21µg (1.38%)