




 **9%**
HEALTH SCORE

Steaks with pesto, tomatoes and feta cheese

 **Gluten Free**

READY IN

45 min.

SERVINGS

4

CALORIES

310 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- 12 cherry tomatoes halved
- 180 g feta cheese crumbled
- 2 Tbs capers
- 6 garlic clove whole
- 4 servings pepper black
- 2 Tbs olive oil for sprinkling
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped

- 4 pork steaks trimmed
- 2 Tbs pesto rosso red (pesto)
- 4 Tbs cornstarch
- 2 Tbs basil dried
- 0.3 tsp sea salt
- 0.3 tsp pepper black
- 2 Tbs olive oil

Equipment

- frying pan
- baking paper
- oven
- baking pan
- toothpicks
- meat tenderizer

Directions

- Place the tomatoes on a baking tray lined with baking paper, scatter over capers, garlic cloves and crumbled fetta.
- Sprinkle with olive oil and cracked pepper. Cook in oven at 200C for 30 minutes or until tomatoes are soft.
- Remove and set aside.
- Sprinkle with fresh basil.
- Meanwhile, flatten the steaks with a meat mallet.
- Smear one side of each steak with tablespoon of red pesto, make a roll (pesto side inside) and secure it with a wooden or metal toothpick.
- Mix cornflour, dry basil, salt and pepper in a plate. Dredge the rolls through the flour mixture, shake off excess flour.
- In a large skillet heat olive oil over medium-high heat, then brown the rolls for 5 -6, constantly turning them until golden all around.

Before serving, take out toothpick and serve with tomatoes, capers, garlic and fetta bake.

Nutrition Facts

PROTEIN 10.55% **FAT 70.25%** **CARBS 19.2%**

Properties

Glycemic Index:65.25, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:14.387826086957%

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 Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 310.26kcal (15.51%), Fat: 24.69g (37.98%), Saturated Fat: 8.19g (51.2%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.32g (4.84%), Sugar: 1.98g (2.2%), Cholesterol: 41.25mg (13.75%), Sodium: 856.23mg (37.23%), Protein: 8.35g (16.69%), Vitamin K: 63.19µg (60.19%), Calcium: 301.82mg (30.18%), Vitamin B2: 0.44mg (25.62%), Manganese: 0.43mg (21.66%), Phosphorus: 184.51mg (18.45%), Vitamin E: 2.69mg (17.96%), Iron: 3.14mg (17.45%), Vitamin C: 14.06mg (17.04%), Vitamin B6: 0.33mg (16.43%), Vitamin A: 670.22IU (13.4%), Vitamin B12: 0.77µg (12.83%), Selenium: 8.29µg (11.84%), Zinc: 1.66mg (11.06%), Magnesium: 34.45mg (8.61%), Folate: 31.21µg (7.8%), Copper: 0.15mg (7.46%), Fiber: 1.85g (7.42%), Vitamin B1: 0.11mg (7.07%), Potassium: 233.66mg (6.68%), Vitamin B5: 0.57mg (5.73%), Vitamin B3: 0.96mg (4.8%), Vitamin D: 0.19µg (1.24%)