



Stuffed Flank Steak for Two

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb beef flank steak
- 1 Tbsp butter divided
- 0.3 cup celery and onions finely chopped
- 2 Tbsp parsley fresh chopped
- 0.5 cup parmesan cheese shredded divided kraft
- 1 cup classico roasted garlic pasta sauce
- 0.8 cup stove top stuffing mix for chicken in the canister
- 0.8 cup water divided

Equipment

- frying pan
- oven
- aluminum foil
- cutting board

Directions

- Heat oven to 350F.
- Melt 1 tsp. butter in medium ovenproof skillet on medium-high heat.
- Add celery and onions; cook and stir until 2 to 3 min. or until crisp-tender. Stir in 1/4 cup water; bring to boil.
- Add stuffing mix, parsley and 6 Tbsp. cheese; mix lightly.
- Remove from heat.
- Butterfly steak by cutting it horizontally in half, cutting into thickest long side of steak and being careful to not cut all of the way through to opposite side of steak. Open steak like a book; spread bottom 3/4 of steak with stuffing mixture.
- Roll up, starting at bottom end; tie securely with string.
- Melt remaining butter in same skillet on medium heat.
- Add steak; cook 5 min. or until evenly browned on all sides, turning occasionally.
- Mix pasta sauce and remaining water until blended; pour over steak.
- Place in oven.
- Bake 30 to 35 min. or until steak is done.
- Remove from oven; cover loosely with foil.
- Let stand 5 min.
- Transfer steak to cutting board.
- Remove and discard string. Slice steak.
- Serve topped with pasta sauce and remaining cheese.

Nutrition Facts

PROTEIN 26.59% FAT 28.51% CARBS 44.9%

Properties

Glycemic Index:186, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:63.744782401168%

Flavonoids

Apigenin: 17.09mg, Apigenin: 17.09mg, Apigenin: 17.09mg, Apigenin: 17.09mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 1358.52kcal (67.93%), Fat: 42.64g (65.6%), Saturated Fat: 21.83g (136.43%), Carbohydrates: 151.07g (50.36%), Net Carbohydrates: 141.06g (51.29%), Sugar: 24.21g (26.9%), Cholesterol: 202.38mg (67.46%), Sodium: 4700.18mg (204.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.46g (178.91%), Selenium: 165.05µg (235.78%), Vitamin K: 145.42µg (138.49%), Vitamin B3: 27.1mg (135.52%), Phosphorus: 1135.35mg (113.53%), Vitamin B6: 1.95mg (97.67%), Folate: 374.2µg (93.55%), Calcium: 875.36mg (87.54%), Vitamin B1: 1.31mg (87.45%), Zinc: 12.4mg (82.63%), Vitamin B2: 1.33mg (78.21%), Iron: 13.54mg (75.22%), Manganese: 1.39mg (69.46%), Potassium: 2094.69mg (59.85%), Vitamin A: 2563.35IU (51.27%), Magnesium: 188.26mg (47.06%), Copper: 0.93mg (46.71%), Vitamin B12: 2.72µg (45.39%), Fiber: 10.01g (40.03%), Vitamin E: 5.42mg (36.16%), Vitamin C: 28.04mg (33.99%), Vitamin B5: 3.23mg (32.27%), Vitamin D: 0.25µg (1.67%)