



## Stuffed Pork Rolls: Bracirole Abruzzese

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



419 kcal

### Ingredients

- 1 cup cooking wine dry white
- 2 eggs
- 12 slices mozzarella cheese smoked thin
- 2 tablespoons olive oil extra-virgin
- 1 onion finely chopped
- 1 bunch parsley italian finely chopped
- 2 tablespoons fat softened
- 3 ounce pounded pork shoulder
- 12 slices pancetta

- 6 servings salt and pepper
- 12 swiss chard leaves
- 2 tablespoons caciocavallo freshly grated

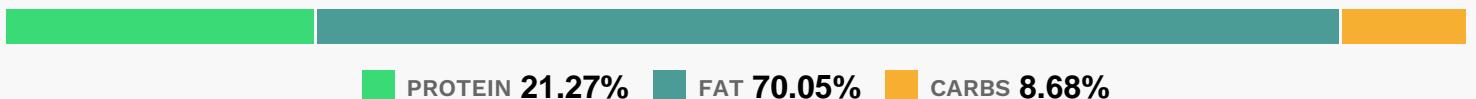
## Equipment

- bowl
- frying pan
- toothpicks
- dutch oven
- kitchen twine

## Directions

- Beat the eggs well in a medium bowl and add the cheese, and salt and pepper, to taste. In a large, heavy-bottomed skillet, heat 2 tablespoons olive oil over medium-high heat and add the egg mixture. Cook over medium-high heat until the eggs are set, then turn out of the pan.
- Cut into 12 equal pieces and set aside.
- Season each piece of pork with salt and pepper and place 1 piece of cooked egg in the center of each. Top the egg with 1 chard leaf, 1 slice prosciutto, and 1 slice mozzarella.
- Roll each piece of pork up tightly and secure with butcher's twine or toothpicks.
- In a large, heavy-bottomed skillet or Dutch oven, heat the remaining olive oil over medium heat and add the onion and parsley. Once the onion is softened, add the pork fat and, once it is liquefied, add the pork rolls. Brown well on all sides, then stir in the wine and cook at a simmer for 30 minutes.
- Serve hot, with the pan juices.

## Nutrition Facts



## Properties

Glycemic Index:26.67, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:26.313912930696%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 5.83mg, Kaempferol: 5.83mg, Kaempferol: 5.83mg, Kaempferol: 5.83mg Myricetin: 4.4mg, Myricetin: 4.4mg, Myricetin: 4.4mg, Myricetin: 4.4mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

## Nutrients (% of daily need)

Calories: 418.56kcal (20.93%), Fat: 30.68g (47.2%), Saturated Fat: 12.89g (80.57%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 6.39g (2.32%), Sugar: 2.95g (3.28%), Cholesterol: 120.87mg (40.29%), Sodium: 921.73mg (40.08%), Alcohol: 4.12g (100%), Alcohol %: 1.93% (100%), Protein: 20.96g (41.91%), Vitamin K: 957.02µg (911.45%), Vitamin A: 7153.73IU (143.07%), Vitamin C: 42.86mg (51.95%), Calcium: 386.18mg (38.62%), Phosphorus: 343.9mg (34.39%), Selenium: 21.29µg (30.42%), Vitamin B12: 1.6µg (26.59%), Magnesium: 105.91mg (26.48%), Manganese: 0.46mg (23.09%), Vitamin B2: 0.38mg (22.34%), Vitamin E: 2.92mg (19.47%), Zinc: 2.88mg (19.21%), Iron: 3.18mg (17.68%), Potassium: 597.73mg (17.08%), Vitamin B6: 0.27mg (13.57%), Vitamin B1: 0.2mg (13.41%), Copper: 0.23mg (11.37%), Folate: 43.17µg (10.79%), Fiber: 2.16g (8.64%), Vitamin B3: 1.66mg (8.3%), Vitamin B5: 0.72mg (7.16%), Vitamin D: 0.7µg (4.66%)