



Stuffed Steak with Prosciutto and Spinach

READY IN



40 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bell pepper black
- ☐ 0.3 cup bread crumbs – eyeball it italian
- ☐ 6 servings coarse salt
- ☐ 2 pound eye round roast
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 3 cloves garlic chopped
- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 0.5 small onion chopped
- ☐ 0.3 cup parmigiano – eyeball it grated

- ☐ 2 ounces pancetta cut into ribbons 3 to 4 slices
- ☐ 0.5 small bell pepper red chopped for garnish cut into thin strips,
- ☐ 6 servings re-sealable plastic bag

Equipment

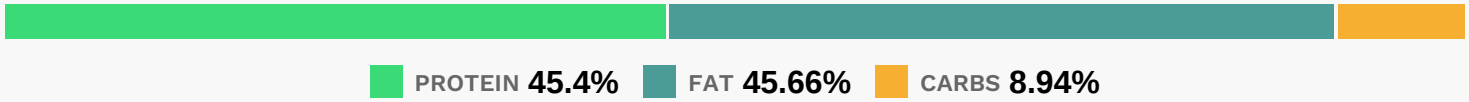
- ☐ frying pan
- ☐ knife
- ☐ wooden spoon
- ☐ stove
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen towels

Directions

- ☐ Defrost spinach in microwave. Wrap in clean kitchen towel and wring chopped spinach dry.
- ☐ Place a large skillet on the stove over medium high heat.
- ☐ Add 2 tablespoons extra-virgin olive oil-to hot skillet.
- ☐ Add garlic to oil.
- ☐ Add onion and red pepper, cook 1 minute. Lower heat to medium.
- ☐ Add the prosciutto and the spinach. Season with salt and pepper.
- ☐ Add bread crumbs and cheese to spinach. Turn off heat.
- ☐ Let stuffing cool.
- ☐ To create the cavity for the stuffing, use a long sharp knife (like a boning knife), and cut a 1 to 2-inch hole through the center of the roast making a lengthwise slit. Turn the meat around and cut another slit in the same spot so that your knife completes the cavity. Insert a wooden spoon into the cavity to make sure the hole is even and goes all the way through.
- ☐ Put the cooled filling in a re-sealable plastic bag and snip a hole in the corner of the bag. Pipe the filling into the cavity. You may need to push it along with your fingers to make sure that it goes all the way through.
- ☐ Preheat nonstick skillet over high heat.

- ☐
- Cut the roast into 6 even slices, being careful to keep the stuffing in each slice.
- ☐
- Add 2 tablespoons of extra-virgin olive oil to the pan. Season the steaks with salt and pepper and sear in hot, nonstick skillet, 2 minutes on first side. Flip the steaks and sear for an additional 2 minutes then lower the heat to medium-high and cook until done (about 3 to 4 more minutes).
- ☐
- Garnish with thinly sliced red pepper.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.4, Inflammation Score:-10, Nutrition Score:32.946086963882%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 309.14kcal (15.46%), Fat: 15.9g (24.47%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.15g (1.28%), Cholesterol: 10.01mg (3.34%), Sodium: 479.16mg (20.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.57g (71.14%), Vitamin K: 180.89µg (172.27%), Vitamin A: 5781.2IU (115.62%), Vitamin B6: 1.51mg (75.55%), Vitamin B3: 11.04mg (55.18%), Vitamin B12: 2.81µg (46.76%), Zinc: 6.93mg (46.19%), Selenium: 31.26µg (44.66%), Phosphorus: 413.56mg (41.36%), Vitamin B2: 0.57mg (33.35%), Iron: 4.74mg (26.34%), Vitamin B1: 0.37mg (24.38%), Potassium: 780mg (22.29%), Manganese: 0.45mg (22.28%), Magnesium: 79.11mg (19.78%), Folate: 77.72µg (19.43%), Vitamin E: 2.54mg (16.9%), Copper: 0.31mg (15.61%), Calcium: 146.61mg (14.66%), Vitamin C: 11.39mg (13.81%), Vitamin B5: 1.14mg (11.36%), Fiber: 1.86g (7.43%)