

# Authentic Italian Braciolo

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/zesty-italian-beef-recipe>

## Ingredients:

- 2 pounds beef thinly sliced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup grated Parmesan
- 1/2 cup provolone grated
- 1/2 cup Italian breadcrumbs
- 1/2 teaspoon garlic powder
- 1 teaspoon dried basil
- 5 tablespoons olive oil
- 4 cups tomato sauce or your grandmas Italian 'Sunday' Sauce!

## Nutrition:

1. Calories: 1090 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 195 milligrams
4. Fat: 71 grams
5. Fiber: 9 grams
6. Protein: 64 grams
7. SaturatedFat: 26 grams
8. Sodium: 2290 milligrams
9. Sugar: 24 grams
10. TransFat: 2.5 grams

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