

Keto Mediterranean Steak Pinwheels

Hands-on 15 minutes Overall 15 minutes



Nutritional values (per pinwheel): Total carbs: 3.2 g, Fiber: 1.2 g, **Net carbs: 2 g**,

Protein: 28.1 g, Fat: 18.8 g, Calories: 299 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 6 pinwheels)

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- 1 1/4 lb flank steak (570 g)
- 3 cloves garlic, minced
- 2 tbsp minced parsley
- 6 oz sliced provolone cheese (170 g)
- 1 cup minced kalamata olives (160 g/ 5.6 oz)
- 1 roasted red pepper, thinly sliced (100 g/ 3.5 oz)
- 1 tbsp [Italian seasoning](#)
- 1 tsp [sea salt](#) or [pink Himalayan salt](#)
- 1/2 tsp pepper

Instructions

1. Flatten steak to 1/4 inch (1/2 cm) thickness with a heavy pan or meat mallet.
2. Top steak with remaining ingredients and roll up from the short end to the other... ..Secure with toothpicks and slice into 6 even pinwheels.
3. Place the pinwheels in a large broiler safe skillet.
4. Broil 4-6 inches (10-15 cm) from the heat for 5-7 minutes on each side or until meat reaches desired doneness (a thermometer should read 57 °C/ 135 °F for medium-rare, 63 °C/ 145 °F for medium, and 71 °C/ 160 °F for well-done). Serve immediately, 1 to 2 pinwheels per serving. The pinwheels are best eaten immediately. If you would like you can prepare them and store them raw for 2-3 days in an airtight container in the refrigerator before cooking.

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