



# Anna Maria's Rouladen

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

303 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

## Ingredients

- ☐ 4 slices bacon
- ☐ 4 slices beef sirloin thin
- ☐ 2 tablespoons butter cut into pieces
- ☐ 2 cups chicken stock see
- ☐ 4 dill pickle spears
- ☐ 4 tablespoons flat-leaf parsley chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 teaspoons mustard dijon style prepared
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 4 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream   sour
- ☐ 1 package dumpling mix   recommended: Panni brand
- ☐ 4 servings kitchen twine
- ☐ 1 package dumpling mix   recommended: Panni brand
- ☐ 4 servings kitchen twine

## Equipment

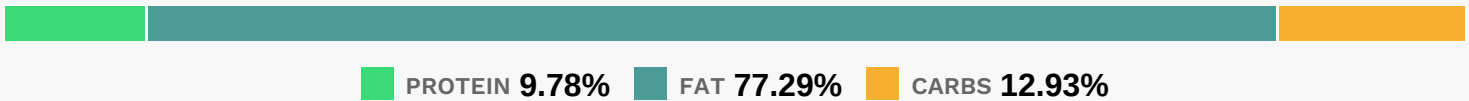
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ toothpicks
- ☐ kitchen twine

## Directions

- ☐ Bring a pot of salted water to a boil. Form several large balls, 2 to 3 inches thick, of dumpling mix.
- ☐ Add to the boiling water then reduce heat and simmer 15 minutes.
- ☐ Place bacon in a skillet over medium heat and render fat by cooking bacon about 3 minutes. As edges just begin to crisp, remove bacon from the skillet and transfer to paper towels to drain.
- ☐ Season slices of sirloin with salt and pepper.
- ☐ Spread each slice of meat with a rounded spoonful of mustard. Top mustard with a generous scatter of chopped parsley. Top seasoned and mustard-coated meat with a slice of bacon and a dill pickle spear each.
- ☐ Place the bacon and pickle off center closer to 1 edge of the meat than the other.
- ☐ Roll the steaks around the filling and secure with toothpicks or kitchen twine.
- ☐ Heat a deep skillet over medium high heat.

- ☐ Add oil, 2 turns of the pan, then meat rolls. Cook meat 2 to 3 minutes, then give it a quarter turn. Cook meat a total of 10 to 12 minutes, then transfer to a plate.
- ☐ Add butter to the meat pot and melt.
- ☐ Add flour to the butter and whisk together, cooking 2 minutes.
- ☐ Add chicken stock to the flour and butter and scrape up pan drippings. Season with salt and pepper. Stir in sour cream and remove from heat.
- ☐ Remove toothpicks or twine from meat. Set meat roll and large dumpling on a dinner plate and cover with sour cream gravy. Quick sauteed cabbage makes a simple side dish, see recipe below.

## Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:10.571304189122%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 302.63kcal (15.13%), Fat: 26.19g (40.29%), Saturated Fat: 9.41g (58.83%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 8.76g (3.19%), Sugar: 3.34g (3.71%), Cholesterol: 42.2mg (14.07%), Sodium: 1143.73mg (49.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin K: 81.78µg (77.88%), Vitamin B3: 3.23mg (16.17%), Selenium: 10.93µg (15.61%), Vitamin A: 735.69IU (14.71%), Vitamin B2: 0.21mg (12.38%), Vitamin B1: 0.18mg (11.98%), Phosphorus: 100.89mg (10.09%), Vitamin E: 1.49mg (9.91%), Vitamin B6: 0.17mg (8.75%), Vitamin C: 7.07mg (8.57%), Potassium: 299.16mg (8.55%), Calcium: 65.62mg (6.56%), Folate: 25.68µg (6.42%), Iron: 1.06mg (5.91%), Copper: 0.11mg (5.49%), Magnesium: 19.03mg (4.76%), Zinc: 0.7mg (4.64%), Manganese: 0.09mg (4.4%), Fiber: 1.1g (4.39%), Vitamin B12: 0.16µg (2.74%), Vitamin B5: 0.26mg (2.64%)