



Beef Bacon Rolls

 Gluten Free

READY IN



140 min.

SERVINGS



20

CALORIES



249 kcal

Ingredients

- 1 pound bacon
- 1.3 cups butter
- 1 cup onion chopped
- 1.5 pounds beef top sirloin steaks lean

Equipment

- frying pan
- toothpicks

Directions

- Cut the beef into strips that are approximately 1 inch wide and the same length or close to the length of the bacon strip, about 1/8 inch thick.
- Serve hot.
- Make the beef bacon rolls by laying a strip of bacon on a strip of beef and rolling the two meats together so that the beef is on the outside when you finish rolling. Insert a toothpick so that it goes in on the bottom left side and comes out the top right side when looked at vertically.
- In large skillet, saute onions and butter until onions are tender.
- Lay a single layer of beef bacon rolls in the skillet. Brown them on medium heat, turning once or twice. Cover the skillet and simmer about 2 hours.

Nutrition Facts

 **PROTEIN 17.1%**  **FAT 81.22%**  **CARBS 1.68%**

Properties

Glycemic Index:3.85, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:5.5360869894857%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 249.48kcal (12.47%), Fat: 22.49g (34.6%), Saturated Fat: 11.24g (70.26%), Carbohydrates: 1.05g (0.35%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.35g (0.39%), Cholesterol: 67.58mg (22.53%), Sodium: 266.82mg (11.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.31%), Selenium: 15.23µg (21.75%), Vitamin B3: 3.13mg (15.64%), Vitamin B6: 0.28mg (14.2%), Phosphorus: 110.39mg (11.04%), Zinc: 1.66mg (11.04%), Vitamin A: 386.73IU (7.73%), Vitamin B12: 0.46µg (7.65%), Vitamin B1: 0.09mg (6.17%), Potassium: 181.67mg (5.19%), Vitamin B2: 0.07mg (3.91%), Vitamin B5: 0.37mg (3.75%), Iron: 0.66mg (3.67%), Vitamin E: 0.55mg (3.64%), Magnesium: 11.65mg (2.91%), Copper: 0.04mg (1.94%), Folate: 6.4µg (1.6%), Calcium: 14.09mg (1.41%), Vitamin K: 1.47µg (1.4%)