



Beef Pinwheels II

READY IN



55 min.

SERVINGS



20

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.1 teaspoon cayenne pepper
- 1 cup corn flakes cereal crushed
- 1 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon parsley fresh chopped
- 1.5 pounds ground beef
- 0.3 teaspoon ground pepper black
- 1 cup milk

- 1 onion finely chopped
- 0.8 teaspoon salt
- 0.4 cup shortening
- 1.1 tablespoons sugar white

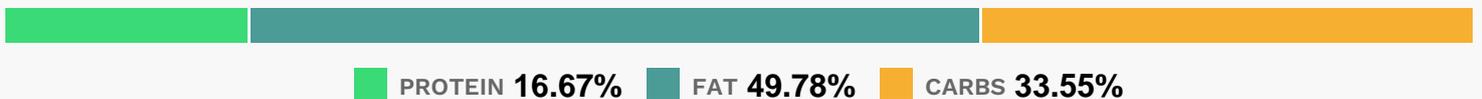
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease two baking sheets.
- Beat the egg in a bowl until smooth.
- Add the ground beef, cayenne pepper, crushed cereal, onion, salt, black pepper, and parsley.
- Mix until evenly combined; set aside. Stir together the flour, baking powder, salt, and sugar in a separate bowl.
- Cut in the shortening with a pastry blender until no lumps of shortening remain and the mixture takes on a sandy appearance. Stir in the milk until a dough forms.
- Roll the dough out to a 10x15-inch rectangle on a well-floured surface.
- Spread the meat mixture evenly over the entire surface of the dough.
- Roll the dough into a cylinder from one of the wide ends to form a 15-inch long log.
- Cut the log into 3/4-inch slices and place on to the prepared baking sheets.
- Bake in the preheated oven until dark golden brown, 30 to 45 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:11.23, Inflammation Score:-2, Nutrition Score:6.9443478014158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 209.16kcal (10.46%), Fat: 11.45g (17.61%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 16.71g (6.08%), Sugar: 1.69g (1.87%), Cholesterol: 33.8mg (11.27%), Sodium: 160.53mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.25%), Selenium: 12.52µg (17.88%), Vitamin B12: 0.88µg (14.72%), Vitamin B3: 2.82mg (14.09%), Vitamin B1: 0.19mg (12.78%), Vitamin B2: 0.19mg (11.35%), Iron: 2.03mg (11.25%), Zinc: 1.66mg (11.04%), Folate: 43.79µg (10.95%), Phosphorus: 100.35mg (10.04%), Vitamin B6: 0.16mg (8.07%), Manganese: 0.15mg (7.28%), Calcium: 44.37mg (4.44%), Potassium: 144.32mg (4.12%), Vitamin B5: 0.37mg (3.69%), Magnesium: 12.88mg (3.22%), Vitamin E: 0.42mg (2.82%), Copper: 0.05mg (2.75%), Vitamin K: 2.87µg (2.73%), Fiber: 0.66g (2.63%), Vitamin D: 0.26µg (1.75%), Vitamin A: 62.31IU (1.25%)