



Beef Rouladen

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 10.5 ounce beef broth undiluted canned
- ☐ 0.3 cup cracker crumbs crushed finely
- ☐ 0.1 cup flour all-purpose
- ☐ 1 pound mushrooms fresh halved
- ☐ 0.5 clove garlic crushed
- ☐ 0.8 pound ground beef
- ☐ 1 tablespoon bottled brown bouquet sauce

- ☐ 2 tablespoons onion minced
- ☐ 1.5 pounds onions boiling
- ☐ 1 teaspoon poultry seasoning
- ☐ 2.5 pounds round steak ()
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons vegetable oil
- ☐ 2.5 cups burgundy dry red

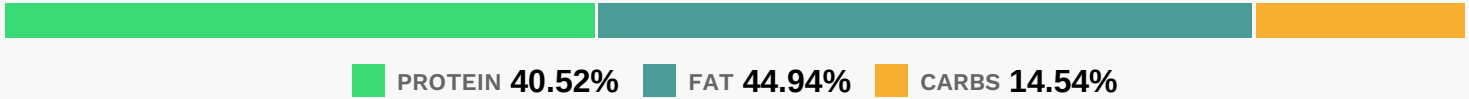
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Trim fat from steak; pound steak to 1/8-inch thickness, and cut into 10 pieces. Set aside.
- ☐ Combine ground beef, cracker crumbs, onion, poultry seasoning, garlic, and salt; mix well.
- ☐ Place 1 heaping tablespoon stuffing on each piece of steak.
- ☐ Roll up each piece jellyroll fashion; tie each end with string.
- ☐ Brown beef rolls on all sides in hot oil in large skillet; transfer to a small roasting pan, reserving pan drippings in skillet. Set rouladen aside.
- ☐ Brown onions in reserved pan drippings.
- ☐ Remove onions to roasting pan; reserve pan drippings in skillet. Set aside.
- ☐ Combine brown bouquet sauce and pan drippings; add flour, stirring until smooth. Gradually add wine; cook over medium heat, stirring constantly, until thickened.
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- ☐ Pour wine mixture over rouladen and onions; add bay leaf. Top with mushrooms. Cover and bake at 350 for 1 hour,
- ☐ Remove bay leaf before serving.
- ☐ Sprinkle with parsley, and serve with hot buttered noodles, if desired.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:2.65, Inflammation Score:-6, Nutrition Score:21.091739002777%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.52mg, Isorhamnetin: 3.52mg, Isorhamnetin: 3.52mg, Isorhamnetin: 3.52mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 14.57mg, Quercetin: 14.57mg, Quercetin: 14.57mg, Quercetin: 14.57mg

Nutrients (% of daily need)

Calories: 386.88kcal (19.34%), Fat: 16.98g (26.12%), Saturated Fat: 5.26g (32.91%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 10.6g (3.85%), Sugar: 4.35g (4.83%), Cholesterol: 95.59mg (31.86%), Sodium: 408.99mg (17.78%), Alcohol: 6.3g (100%), Alcohol %: 2.21% (100%), Protein: 34.44g (68.87%), Selenium: 42.95µg (61.35%), Vitamin B3: 11.39mg (56.94%), Vitamin B6: 1.01mg (50.28%), Vitamin B12: 2.91µg (48.5%), Zinc: 6.67mg (44.47%), Phosphorus: 375.05mg (37.5%), Vitamin B2: 0.46mg (26.76%), Potassium: 759.1mg (21.69%), Iron: 3.71mg (20.6%), Vitamin B5: 1.72mg (17.21%), Copper: 0.31mg (15.66%), Vitamin B1: 0.21mg (14.11%), Magnesium: 46.95mg (11.74%), Vitamin K: 12.12µg (11.55%), Folate: 42.97µg (10.74%), Manganese: 0.17mg (8.51%), Vitamin C: 6.21mg (7.53%), Fiber: 1.75g (7%), Vitamin E: 0.89mg (5.92%), Calcium: 53.06mg (5.31%), Vitamin D: 0.24µg (1.59%)