



Cheese Steak Egg Rolls with Ranch Pepper Rings

READY IN



30 min.

SERVINGS



4

CALORIES



552 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup onions sliced
- ☐ 6 ounces provolone cheese
- ☐ 1 packet ranch dip mix dry
- ☐ 2 rib-eye steaks cooked cut into thin slices
- ☐ 8 you will also need: parchment paper
- ☐ 2 large bell peppers red yellow sliced

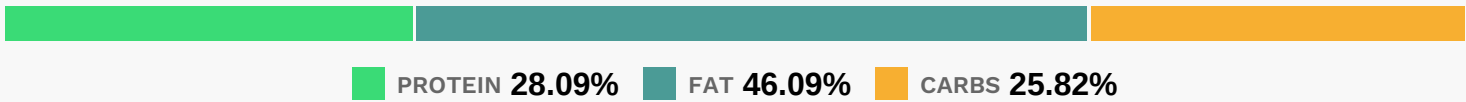
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F. Coat 2 baking sheets with cooking spray.
- ☐ Coat a large skillet with cooking spray and set pan over medium-high heat.
- ☐ Add onions and cook 3 minutes, until soft. Push onions over to the side of pan, add steak to pan and cook 1 minute.
- ☐ Transfer spring roll wrapper to a flat surface. Top with steak, onions and provolone cheese in bottom third of wrapper.
- ☐ Roll wrapper one time, fold in ends, and roll up.
- ☐ Place on prepared baking sheet and spray with cooking spray.
- ☐ Arrange peppers on separate baking sheet and spray with cooking spray. Coat with ranch mix. Roast cheese steak egg rolls and peppers 15 minutes, until wrappers are golden brown and peppers are soft.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:2.1, Inflammation Score:-10, Nutrition Score:29.512608631797%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 551.66kcal (27.58%), Fat: 28.15g (43.3%), Saturated Fat: 14.54g (90.9%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 32.4g (11.78%), Sugar: 5.38g (5.98%), Cholesterol: 101.69mg (33.9%), Sodium: 1115.15mg (48.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.6g (77.2%), Vitamin C: 107.92mg (130.81%), Selenium: 44.74µg (63.91%), Vitamin A: 2964.7IU (59.29%), Zinc: 7.71mg (51.42%), Phosphorus: 437.34mg (43.73%),

Vitamin B3: 8.51mg (42.55%), Vitamin B12: 2.5µg (41.74%), Vitamin B6: 0.78mg (39%), Vitamin B2: 0.63mg (37.1%), Calcium: 362.19mg (36.22%), Vitamin B1: 0.37mg (24.49%), Iron: 3.88mg (21.55%), Folate: 85.64µg (21.41%), Manganese: 0.39mg (19.51%), Potassium: 624.1mg (17.83%), Magnesium: 57.08mg (14.27%), Fiber: 3.09g (12.34%), Vitamin E: 1.4mg (9.34%), Copper: 0.18mg (9.23%), Vitamin K: 6.81µg (6.48%), Vitamin B5: 0.52mg (5.21%), Vitamin D: 0.33µg (2.17%)