



Cheeseburger Roulades

READY IN



73 min.

SERVINGS



35

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cheddar divided grated
- ☐ 2 small egg whites
- ☐ 4 egg yolks
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons goat cheese divided
- ☐ 2 tablespoons grapeseed oil
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound ground pork

- ☐ 1.5 cups catsup
- ☐ 1 small onion finely chopped
- ☐ 0.3 cup panko breadcrumbs
- ☐ 0.3 cup parmesan divided grated
- ☐ 2 sheets puff pastry chilled see Chef's Note
- ☐ 1 roma tomato diced
- ☐ 35 servings salt and pepper black freshly ground

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ rolling pin
- ☐ cutting board
- ☐ pastry brush

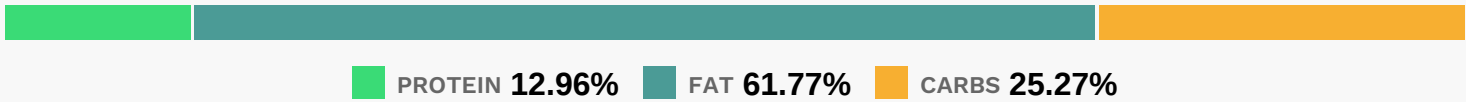
Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat a deep saute pan over medium heat.
- ☐ Add the oil and allow to heat.
- ☐ Add the beef and pork to the oil, stirring to cook until browned, 6 to 8 minutes. Then add the tomato, garlic, parsley, salt, and pepper, and reduce the heat to low and cook for additional 3 to 4 minutes.
- ☐ Remove from the heat. Carefully strain into a bowl.
- ☐ Transfer the meat mixture to a clean bowl. Allow the mixture to cool for 5 minutes. (
- ☐ Mixture must be cool before adding to the pastry.) While the mixture cools, roll out the puff pastry.
- ☐ Sprinkle some flour on your counter or cutting board.
- ☐ Lay the sheet of pastry over the flour. With a rolling pin, roll the pastry out from the center, from the top to the bottom, and then out to the sides to make it a large rectangle, about 1 1/2

times the original size.

- ☐ Stir the egg yolks and breadcrumbs into the cooled meat mixture, stirring in well.
- ☐ Place half the cooled meat mixture onto the bottom third of the pastry sheet, keeping the bottom 2 inches empty. Top with half the Cheddar and goat cheeses and roll tightly. Using a pastry brush, brush the top of the pastry with a light coating of whisked egg whites.
- ☐ Sprinkle with salt, pepper, and half the Parmesan. Repeat with the second piece of pastry.
- ☐ Place the roulades on a sheet pan covered with parchment.
- ☐ Bake in the oven until golden brown, 16 to 20 minutes.
- ☐ Remove from the oven and let rest for 5 minutes.
- ☐ For the sauce: In a small bowl, stir the chopped onion and ketchup together.
- ☐ To serve: Slice the roulades into thin rounds and serve warm with a dollop of sauce on each slice.
- ☐ Chef's Notes
- ☐ Keep the puff pastry in the fridge until you're ready to use it. If the pastry gets too warm and soft while you're rolling it out, just chill it for a minute before proceeding.
- ☐ Make sure that the meat mixture is cooled before adding to the pastry.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:4.1813043330027%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 156.93kcal (7.85%), Fat: 10.85g (16.68%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.64g (3.5%), Sugar: 2.5g (2.78%), Cholesterol: 35.57mg (11.86%), Sodium: 178.86mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Selenium: 8.75µg (12.5%), Vitamin B1: 0.12mg

(7.91%), Vitamin B2: 0.12mg (7.21%), Vitamin B3: 1.34mg (6.7%), Phosphorus: 64.79mg (6.48%), Manganese: 0.11mg (5.26%), Vitamin K: 5.01µg (4.77%), Zinc: 0.71mg (4.76%), Vitamin B12: 0.27µg (4.53%), Folate: 17.82µg (4.45%), Calcium: 42.37mg (4.24%), Vitamin B6: 0.08mg (4.14%), Iron: 0.71mg (3.94%), Vitamin E: 0.58mg (3.84%), Vitamin A: 154.19IU (3.08%), Potassium: 92.19mg (2.63%), Copper: 0.05mg (2.27%), Magnesium: 8.34mg (2.09%), Vitamin B5: 0.18mg (1.76%), Fiber: 0.35g (1.39%), Vitamin C: 1.04mg (1.26%)