



Cheesesteak Egg Rolls

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices processed cheese food halved
- 14 ounce egg roll wrappers
- 0.3 cup catsup
- 12.5 ounce goat meat frozen
- 2 cups cooking oil for frying or as needed
- 1 onion chopped
- 1 tablespoon vegetable oil

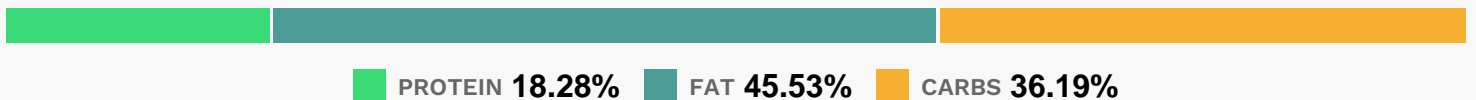
Equipment

- frying pan
- paper towels

Directions

- Heat skillet with the tablespoon oil over medium heat.
- Add onion; cook and stir until onion is translucent, about 5 minutes. Break frozen steak pieces into skillet; cook and stir until steak is no longer pink, about 10 minutes.
- Remove from heat and set aside.
- Arrange egg roll wrappers on a flat surface; place a half slice of cheese on each one.
- Layer an equal amount of steak mixture on top of each cheese slice.
- Roll up egg rolls according to package directions, and seal edges, wetting with water if necessary.
- Heat 1 inch of oil in a large skillet, or preheat a deep-fryer to 375 degrees F (190 degrees C).
- Fry the rolls in the hot oil until golden brown on all sides, about 5 minutes.
- Remove; drain on paper towels.
- Serve warm with ketchup for dipping.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:12.383912915769%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 360.93kcal (18.05%), Fat: 18.15g (27.92%), Saturated Fat: 3.37g (21.05%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 31.3g (11.38%), Sugar: 2.42g (2.69%), Cholesterol: 43.31mg (14.44%), Sodium: 579.19mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.8%), Selenium: 30.41µg (43.44%), Vitamin B3: 7.44mg (37.21%), Phosphorus: 206.45mg (20.64%), Vitamin B1: 0.29mg (19.64%), Vitamin B6: 0.38mg (19.03%),

Manganese: 0.35mg (17.63%), Vitamin B2: 0.27mg (16.03%), Vitamin E: 2.38mg (15.86%), Calcium: 139.54mg (13.95%), Folate: 48.57µg (12.14%), Vitamin K: 11.75µg (11.19%), Iron: 1.95mg (10.85%), Potassium: 259.59mg (7.42%), Vitamin B5: 0.71mg (7.06%), Magnesium: 26.52mg (6.63%), Zinc: 0.91mg (6.04%), Copper: 0.1mg (5.07%), Fiber: 1.15g (4.6%), Vitamin B12: 0.26µg (4.27%), Vitamin A: 158.21IU (3.16%), Vitamin C: 1.86mg (2.25%)