



German Rouladen



Gluten Free



Popular

READY IN



90 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon thick sliced
- ☐ 1 cube beef bouillon from cube
- ☐ 2 tablespoons butter
- ☐ 16 ounce dill pickle
- ☐ 1.5 pounds flank steak
- ☐ 2 large onions sliced
- ☐ 6 servings german mustard stone ground to taste
- ☐ 2.5 cups water

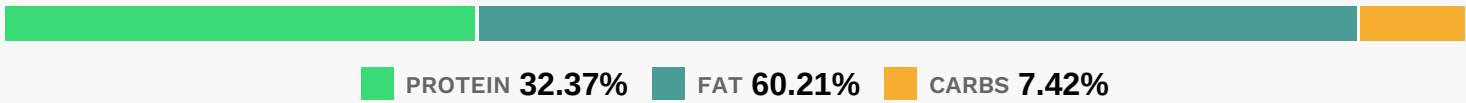
Equipment

- ☐ frying pan
- ☐ toothpicks

Directions

- ☐ Cut the flank steak into thin filets; about 1/4 inch thick and 3 inches wide.
- ☐ Generously spread one side of each filet with mustard to taste.
- ☐ Place bacon, onions and pickle slices on each filet and form into a roll. Use string or toothpicks to hold the roll together.
- ☐ Heat a skillet over medium heat and melt butter.
- ☐ Place the rolls in the butter and saute until browned.
- ☐ Pour in 2 1/2 cups of water and add the bouillon cube; stirring to dissolve the bouillon cube. Simmer the rolls for about an hour.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:16.79782613464%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 378.61kcal (18.93%), Fat: 25g (38.47%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 5.11g (1.86%), Sugar: 3.16g (3.51%), Cholesterol: 103.02mg (34.34%), Sodium: 1015.59mg (44.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.49%), Selenium: 43.05µg (61.5%), Vitamin B6: 0.88mg (43.8%), Vitamin B3: 8.76mg (43.79%), Zinc: 5mg (33.36%), Phosphorus: 316.7mg (31.67%), Vitamin B12: 1.23µg (20.49%), Potassium: 628.18mg (17.95%), Vitamin B1: 0.25mg (16.95%), Vitamin K: 14.66µg (13.96%), Vitamin B2: 0.22mg (13.1%), Iron: 2.26mg (12.57%), Magnesium: 43.27mg (10.82%), Vitamin B5: 1.04mg (10.44%), Calcium:

85.29mg (8.53%), Copper: 0.16mg (7.86%), Folate: 30.79µg (7.7%), Fiber: 1.82g (7.28%), Manganese: 0.14mg (6.88%), Vitamin C: 5.31mg (6.43%), Vitamin A: 273.5IU (5.47%), Vitamin E: 0.72mg (4.79%), Vitamin D: 0.15µg (1.01%)