



Hot Beef and Pepper Rolls

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



267 kcal

Ingredients

- 1 large bell pepper green seeded thinly sliced
- 1 large onion thinly sliced
- 1 large bell pepper sweet red seeded thinly sliced
- 0.5 pound pan drippings from roast beef preferably lean thinly sliced cut into strips
- 11.2 ounce steak rolls split warmed

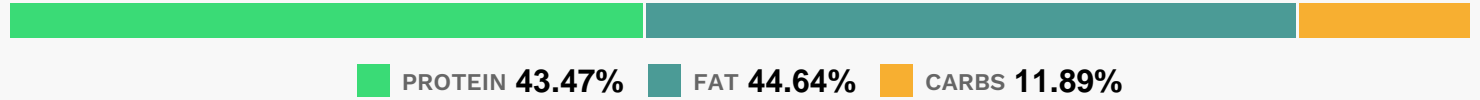
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add meat, peppers, and onion; saute until meat is hot and onion is tender. Spoon meat mixture evenly onto bottom halves of rolls.
- Sprinkle with oregano, if desired, and top with remaining roll halves.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:21.371738900309%

Flavonoids

Luteolin: 2.19mg, Luteolin: 2.19mg, Luteolin: 2.19mg, Luteolin: 2.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 267.01kcal (13.35%), Fat: 13.44g (20.68%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 5.85g (2.13%), Sugar: 4.3g (4.77%), Cholesterol: 80.74mg (26.91%), Sodium: 898.97mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.89%), Vitamin C: 113.73mg (137.86%), Vitamin B3: 8.74mg (43.7%), Zinc: 6.34mg (42.26%), Vitamin B6: 0.8mg (39.98%), Vitamin B12: 2.28µg (38.03%), Selenium: 23.4µg (33.42%), Vitamin A: 1448.07IU (28.96%), Phosphorus: 253.47mg (25.35%), Vitamin B2: 0.32mg (18.58%), Calcium: 179.91mg (17.99%), Potassium: 584.5mg (16.7%), Iron: 2.95mg (16.39%), Vitamin B1: 0.16mg (10.54%), Magnesium: 41.35mg (10.34%), Folate: 37.63µg (9.41%), Fiber: 2.2g (8.78%), Manganese: 0.16mg (7.75%), Copper: 0.15mg (7.51%), Vitamin K: 6.38µg (6.08%), Vitamin E: 0.81mg (5.38%), Vitamin B5: 0.39mg (3.87%)