



## Japanese Beef Rolls

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



329 kcal

### Ingredients

- 24 spears asparagus fresh trimmed
- 1 bunch green onions
- 12 mushroom caps sliced
- 0.3 cup soya sauce
- 8 top round steaks thin-cut
- 1 tablespoon vegetable oil

### Equipment

- frying pan
- oven

- pot
- toothpicks
- broiler

## Directions

- Heat the oil in a skillet over medium heat.
- Add the mushrooms, cover and allow them to sweat over low heat until soft. Do not let them brown. Meanwhile, bring a large pot or skillet of water to a boil. Dunk the asparagus into the boiling water, then place into ice water to stop the cooking. Set aside.
- Preheat the oven broiler. Grease a broiling pan.
- To construct the rolls, lay the steaks out flat. If your steaks are thick, pound them to about 1/4 inch thickness.
- Brush soy sauce onto the surface, then place a few mushrooms, a couple of green onions and 3 asparagus spears at one end of each steak.
- Roll up towards the other end to enclose, and secure each bundle with a toothpick.
- Place the rolls seam side down on the broiling pan.
- Roast under the preheated broiler until browned on top, about 3 minutes. Turn the rolls over and brown on the other side, 2 to 3 more minutes. Be careful not to over cook, this could burn the steaks or make them tough to eat.

## Nutrition Facts

 **PROTEIN 68.37%**  **FAT 26.73%**  **CARBS 4.9%**

## Properties

Glycemic Index:13.88, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:30.576087104238%

## Flavonoids

Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

## Nutrients (% of daily need)

Calories: 328.62kcal (16.43%), Fat: 9.49g (14.6%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.6g (1.77%), Cholesterol: 137.86mg (45.95%), Sodium: 552.96mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.62g (109.23%), Selenium: 74.47µg (106.39%), Vitamin B3: 17.13mg (85.66%), Vitamin B6: 1.66mg (82.8%), Zinc: 10.85mg (72.31%), Phosphorus: 565.26mg (56.53%), Vitamin B12: 3.05µg (50.85%), Iron: 5.78mg (32.13%), Vitamin K: 32.02µg (30.49%), Potassium: 1027.43mg (29.36%), Vitamin B2: 0.46mg (26.99%), Vitamin B5: 2.01mg (20.11%), Vitamin B1: 0.29mg (19.49%), Copper: 0.37mg (18.73%), Magnesium: 70.92mg (17.73%), Folate: 62.56µg (15.64%), Manganese: 0.2mg (9.84%), Vitamin E: 1.35mg (9.02%), Vitamin A: 392.79IU (7.86%), Fiber: 1.67g (6.68%), Calcium: 65.27mg (6.53%), Vitamin C: 3.25mg (3.94%)