



WHATSheATE



Philly Cheese Steak Egg Rolls

READY IN



40 min.

SERVINGS



8

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings canola oil for frying
- ☐ 8 egg roll skins
- ☐ 2 eggs
- ☐ 1 small bell pepper green thinly sliced
- ☐ 2 tablespoons milk
- ☐ 2 tablespoons olive oil
- ☐ 16 ounces pepper jack cheese shredded
- ☐ 1 small bell pepper red thinly sliced
- ☐ 1 small onion red thinly sliced

☐ 1 pound pan drippings from roast beef preferably thinly sliced

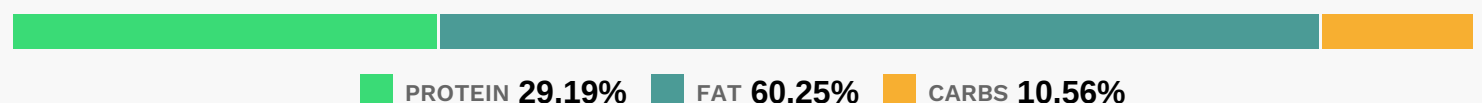
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oil to 350 degrees F in medium saucepan. Fill with enough oil that egg rolls will not rest on the bottom of pan.
- ☐ Mix egg and milk together, in a small bowl, for egg wash.
- ☐ In medium saute pan over medium heat add olive oil, onion, and peppers. Sweat vegetables until slightly softened, about 2 minutes.
- ☐ Add roast beef and saute until onions are translucent, about 5 minutes more.
- ☐ Add cheese and mix thoroughly, until cheese begins to melt.
- ☐ Remove from heat, strain in a fine mesh sieve to remove excess moisture, and let cool.
- ☐ Divide cooled mixture into 8 equal parts.
- ☐ Place mixture in center of each egg roll skin. Fold in side corners and roll, sealing edges with egg wash. Submerge egg rolls in oil and fry, making sure the rolls do not touch the sides or the bottom of the pan. Fry in batches, to avoid over-crowding. until golden brown.
- ☐ Remove egg rolls to paper towels to blot excess oil.
- ☐ Cut egg rolls on bias, place on a serving platter and serve hot

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:17.833478316017%

Flavonoids

Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 400.78kcal (20.04%), Fat: 26.88g (41.36%), Saturated Fat: 12.66g (79.15%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 9.79g (3.56%), Sugar: 1.7g (1.89%), Cholesterol: 125.32mg (41.77%), Sodium: 1286.19mg (55.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Calcium: 603.38mg (60.34%), Vitamin C: 45.81mg (55.53%), Phosphorus: 405.51mg (40.55%), Selenium: 19.21µg (27.45%), Zinc: 4.06mg (27.04%), Vitamin B12: 1.56µg (25.92%), Vitamin B3: 5.13mg (25.67%), Vitamin B2: 0.41mg (24.1%), Vitamin B6: 0.36mg (18.03%), Vitamin A: 827.43IU (16.55%), Iron: 2.35mg (13.04%), Folate: 39.51µg (9.88%), Vitamin E: 1.44mg (9.61%), Magnesium: 35mg (8.75%), Potassium: 291.96mg (8.34%), Vitamin B1: 0.12mg (8.31%), Manganese: 0.14mg (7.13%), Vitamin K: 6.76µg (6.44%), Vitamin B5: 0.53mg (5.3%), Copper: 0.1mg (4.9%), Vitamin D: 0.6µg (4.01%), Fiber: 0.82g (3.28%)