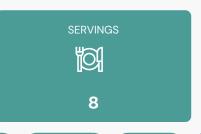
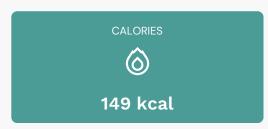


# **Philly Cheesesteak Egg Rolls**

**Gluten Free** 







ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

17 oz au jus mix
1 tablespoon vegetable oil
3 oz mushrooms fresh sliced
1 cup onion halved thinly sliced
1 bell pepper green cut into thin strips
1 serving vegetable oil for deep frying
8 wonton skins (from 1-lb package)

1 eggs slightly beaten

Ш	8 oz provolone cheese smoked
Εq	uipment
	frying pan
	paper towels
	dutch oven
	deep fryer
Diı	rections
	Cook beef roast as directed on package; drain, cool and shred. Reserve au jus for a later use.
	In 12-inch skillet, heat 1 tablespoon oil over medium-high heat. Cook mushrooms, onion and bell pepper in oil 8 minutes, stirring occasionally, until tender.
	Remove from heat. Stir in shredded beef. Cool to room temperature.
	In deep fryer or 4-quart Dutch oven, heat oil to 350°F. Meanwhile, place 1 egg roll skin on work surface with 1 corner facing you. (Cover remaining skins with damp paper towel to prevent drying out.)
	Brush edges with beaten egg. Top with 1 slice cheese. Spoon 1/2 cup beef filling slightly below center of egg roll skin; fold corner of egg roll skin closest to filling over filling, tucking point under. Fold in and overlap right and left corners.
	Brush remaining corner again with egg; gently roll egg roll toward remaining corner and press to seal.
	Place seam side down on plate. Repeat with remaining egg roll skins, beaten egg, cheese and filling.
	Fry egg rolls, a few at a time, in oil 3 to 5 minutes, turning once, until golden brown.
	Drain on paper towels.
	Serve warm.
Nutrition Facts	
	DROTEIN 27 200/ FAT 62 420/ CARRO 0 400/
	PROTEIN 27.39% FAT 63.13% CARBS 9.48%

## **Properties**

### **Flavonoids**

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

#### Nutrients (% of daily need)

Calories: 149.07kcal (7.45%), Fat: 10.51g (16.16%), Saturated Fat: 5.46g (34.16%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.59g (1.77%), Cholesterol: 40.97mg (13.66%), Sodium: 469.02mg (20.39%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 10.26g (20.51%), Calcium: 224.11mg (22.41%), Phosphorus: 169.42mg (16.94%), Vitamin C: 13.67mg (16.57%), Vitamin B2: 0.17mg (9.91%), Selenium: 6.89µg (9.84%), Vitamin B12: 0.47µg (7.79%), Zinc: 1.1mg (7.3%), Vitamin A: 335.11lU (6.7%), Vitamin K: 5.59µg (5.32%), Vitamin B6: 0.1mg (4.92%), Vitamin B5: 0.42mg (4.18%), Potassium: 135.75mg (3.88%), Magnesium: 13.04mg (3.26%), Copper: 0.06mg (3.14%), Folate: 12.51µg (3.13%), Fiber: 0.7g (2.8%), Manganese: 0.05mg (2.67%), Vitamin B3: 0.53mg (2.63%), Vitamin E: 0.35mg (2.34%), Vitamin B1: 0.03mg (2.26%), Iron: 0.4mg (2.22%), Vitamin D: 0.27µg (1.82%)