



Philly Cheesesteak Egg Rolls

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



149 kcal

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

- 8 oz provolone cheese smoked

Equipment

- frying pan
- paper towels
- dutch oven
- deep fryer

Directions

- 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



Properties

Glycemic Index:12, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:6.1752174159755%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.39mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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: 335.11IU (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%)