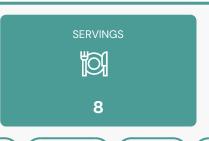


# **Philly Cheesesteak Egg Rolls**







ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

1 eggs slightly beaten
8 egg roll wrappers (from 1-lb package)
3 oz mushrooms fresh sliced
1 bell pepper green cut into thin strips
1 cup onion halved thinly sliced
8 oz provolone cheese smoked
17 oz pan drippings from roast beef preferably
1 tablespoon vegetable oil
8 servings vegetable oil for deep frying

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 350F. 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			
	PROTEIN 33.85% FAT 49.56% CARBS 16.59%		

### **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, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

### **Nutrients** (% of daily need)

Calories: 270.59kcal (13.53%), Fat: 14.95g (23%), Saturated Fat: 6.49g (40.54%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.33g (3.75%), Sugar: 1.59g (1.77%), Cholesterol: 75.53mg (25.18%), Sodium: 1196.7mg (52.03%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 22.97g (45.95%), Vitamin C: 40.77mg (49.42%), Calcium: 398.6mg (39.86%), Phosphorus: 296.22mg (29.62%), Vitamin B3: 5.71mg (28.54%), Vitamin B12: 1.49µg (24.9%), Zinc: 3.36mg (22.42%), Selenium: 14.59µg (20.84%), Vitamin B6: 0.34mg (17.16%), Vitamin B2: 0.29mg (17.16%), Iron: 2.09mg (11.62%), Vitamin K: 10.1µg (9.62%), Potassium: 315.09mg (9%), Vitamin B1: 0.13mg (8.56%), Manganese: 0.15mg (7.39%), Folate: 29.18µg (7.29%), Magnesium: 28.29mg (7.07%), Vitamin A: 336.43lU (6.73%), Copper: 0.12mg (6.2%), Vitamin B5: 0.6mg (6.02%), Fiber: 0.93g (3.73%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.27µg (1.82%)