



## Philly Cheesesteak Egg Rolls

READY IN



25 min.

SERVINGS



8

CALORIES



271 kcal

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

Glycemic Index:12, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:14.723478270614%

## 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: 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: 0g (100%), Alcohol %: 0% (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: 336.43IU (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%)