



Pressure Cooker Pigs in a Blanket

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



357 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices bacon
- 1 bay leaf
- 10.8 ounce condensed tomato soup canned
- 2 tablespoons corn oil
- 0.3 cup flour all-purpose or as needed
- 4 servings salt and ground pepper black to taste
- 1 onion thinly sliced
- 1 pound round steak boneless (1/)

0.5 cup water

Equipment

oven

toothpicks

meat tenderizer

pressure cooker

Directions

Cut steak into four strips and pound them flat with a meat mallet.

Sprinkle each piece with salt and pepper.

Cut bacon slices in half and place one piece on each strip of beef.

Place a slice of onion on top of bacon.

Roll up strips and secure with toothpicks; coat meat rolls with flour.

Heat oil in a pressure cooker over medium-high heat. Brown meat rolls on all sides.

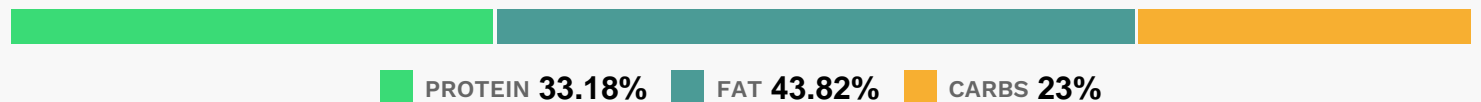
Pour in tomato soup; use water to dissolve any soup remaining in can before pouring it into the pressure cooker.

Add bay leaf.

Seal lid and bring pressure cooker up to full pressure. Reduce heat to low, maintaining full pressure, and cook for 30 minutes.

Remove from heat and let pressure drop naturally.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:8.82, Inflammation Score:-5, Nutrition Score:18.488695818445%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg,

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 356.56kcal (17.83%), Fat: 17.23g (26.51%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 18.8g (6.84%), Sugar: 7.46g (8.29%), Cholesterol: 78.7mg (26.23%), Sodium: 427.45mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Selenium: 39.72µg (56.74%), Vitamin B3: 9.42mg (47.08%), Vitamin B6: 0.89mg (44.36%), Vitamin B12: 2.2µg (36.64%), Zinc: 5.24mg (34.92%), Phosphorus: 307.8mg (30.78%), Potassium: 899.1mg (25.69%), Iron: 3.34mg (18.55%), Vitamin B1: 0.24mg (16.28%), Vitamin B2: 0.25mg (14.79%), Vitamin C: 11.88mg (14.39%), Magnesium: 45.3mg (11.33%), Vitamin E: 1.7mg (11.31%), Manganese: 0.23mg (11.29%), Copper: 0.19mg (9.27%), Vitamin B5: 0.9mg (8.96%), Folate: 34.33µg (8.58%), Vitamin K: 7.05µg (6.71%), Fiber: 1.55g (6.19%), Vitamin A: 305.38IU (6.11%), Calcium: 42.17mg (4.22%), Vitamin D: 0.16µg (1.05%)