



## Regios o Bollitos de Carne (Colombian-Style Pork and Beef Rolls)

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 8 slices beef very thinly sliced
- ☐ 1 cup beef broth
- ☐ 1 cup cheese white grated
- ☐ 2 eggs beaten
- ☐ 1 teaspoon ground achiote
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup creole sauce

- ☐ 1 tablespoon milk
- ☐ 8 slices fatty pork very thinly sliced
- ☐ 4 servings salt and pepper

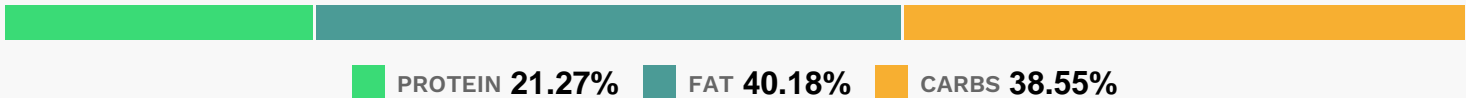
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ kitchen twine
- ☐ steamer basket

## Directions

- ☐ Season the meat with, cumin, salt and pepper.
- ☐ Spread a thin layer of hogao down the center of each pork slice. Top with a slice of beef.
- ☐ Roll tightly and tie with kitchen string. Set a steamer basket in a medium pot filled with the beef stock. Arrange the beef rolls in the steamer. Bring the stock to a boil over medium-high heat, cover and steam for about 40 minutes.In a small bowl combine the batter ingredients, except the oil.
- ☐ Mix well.In a large frying pan, heat vegetable oil to 375 degrees F. Dip cooked beef rolls in the batterand immediately place into hot oil.Cook until golden and skim any loose pieces of batter from the oil.
- ☐ Drain on paper towels.
- ☐ Place on a large platter, season with salt and pepper.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:36.25, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:6.3360869856956%

Nutrients (% of daily need)

Calories: 219.93kcal (11%), Fat: 9.63g (14.82%), Saturated Fat: 4.83g (30.2%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 20.64g (7.5%), Sugar: 14.23g (15.82%), Cholesterol: 107.27mg (35.76%), Sodium: 1338.35mg (58.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.95%), Selenium: 14.1µg (20.14%), Calcium: 167.91mg (16.79%), Phosphorus: 167.47mg (16.75%), Vitamin B12: 0.95µg (15.89%), Vitamin B2: 0.23mg (13.26%), Zinc: 1.3mg (8.63%), Iron: 1.17mg (6.52%), Vitamin A: 320.65IU (6.41%), Folate: 20.65µg (5.16%), Vitamin B3: 0.93mg (4.67%), Vitamin B1: 0.07mg (4.57%), Vitamin B5: 0.44mg (4.43%), Vitamin D: 0.6µg (3.97%), Vitamin B6: 0.07mg (3.7%), Magnesium: 13.27mg (3.32%), Potassium: 113.8mg (3.25%), Manganese: 0.06mg (3.19%), Vitamin E: 0.31mg (2.09%), Copper: 0.03mg (1.55%)