

Steak Deals

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



1152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds bacon sliced
- 2 pounds top round beef roast cut into 1/ slices
- 15 pepper flakes fresh hot seeded
- 16 ounce cream cheese sliced
- 6 servings salt and pepper to taste

Equipment

- oven
- baking pan

toothpicks

grill

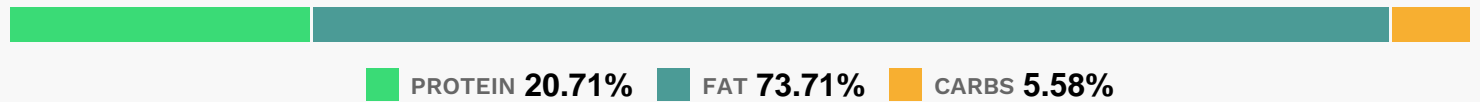
Directions

To Grill: Preheat grill to medium low heat. To Roast: Preheat oven to 350 degrees F (175 degrees C).

Spread out beef slices and season with salt and pepper to taste. Put a slice of cream cheese and a hot pepper on the end of each slice, and roll up like an eggroll. Wrap 1 slice of bacon lengthwise around each steak deal, then wrap a second bacon slice around each so that the first slice is secured. Secure steak deals with toothpicks and place in disposable pans for grilling, or a 9x13 inch baking dish for roasting.

Cook steak deals on grill or in oven long enough for beef to be cooked through and bacon to be somewhat crispy (20 to 30 minutes).

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:4.83, Inflammation Score:-9, Nutrition Score:39.593478430872%

Nutrients (% of daily need)

Calories: 1151.77kcal (57.59%), Fat: 94.01g (144.63%), Saturated Fat: 37.99g (237.44%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.33g (5.21%), Sugar: 8.81g (9.78%), Cholesterol: 269.89mg (89.96%), Sodium: 1526.89mg (66.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.43g (118.86%), Vitamin C: 161.66mg (195.95%), Selenium: 79.34µg (113.34%), Vitamin B6: 2mg (100.05%), Vitamin B3: 17.77mg (88.83%), Phosphorus: 672.06mg (67.21%), Vitamin B12: 3.72µg (61.99%), Zinc: 8.74mg (58.3%), Vitamin B1: 0.66mg (43.75%), Vitamin A: 2142.23IU (42.84%), Vitamin B2: 0.63mg (37.35%), Potassium: 1277.03mg (36.49%), Iron: 4.98mg (27.66%), Magnesium: 87.11mg (21.78%), Vitamin B5: 2.16mg (21.55%), Copper: 0.37mg (18.53%), Vitamin K: 19.15µg (18.24%), Vitamin E: 2.53mg (16.87%), Folate: 52.33µg (13.08%), Manganese: 0.26mg (12.85%), Calcium: 125.49mg (12.55%), Fiber: 1.69g (6.75%), Vitamin D: 0.6µg (4.03%)