

# German Rouladen

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-rouladen-recipe>

## Ingredients:

- 1 1/2 pounds flank steak
- stone ground mustard German, to taste
- 1/2 pound thick sliced bacon
- 2 onions large, sliced
- 16 ounces dill pickle slices
- 2 tablespoons butter
- 2 1/2 cups water
- 1 cube beef bouillon

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 75 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 12 grams
8. Sodium: 1070 milligrams
9. Sugar: 2 grams

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