



A.1. Steak House Wraps

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb beef round steak boneless
- 8 6-inch flour tortillas ()
- 2 large pasilla peppers green cut into strips
- 0.5 cup a.1. original sauce
- 2 tsp oil
- 0.5 cup onions finely chopped
- 2 tsp pepper sauce hot

Equipment

frying pan

grill

Directions

Heat grill to medium heat.

Mix steak sauce, onions and pepper sauce.

Remove 1/3 cup steak sauce mixture; set aside for later use.

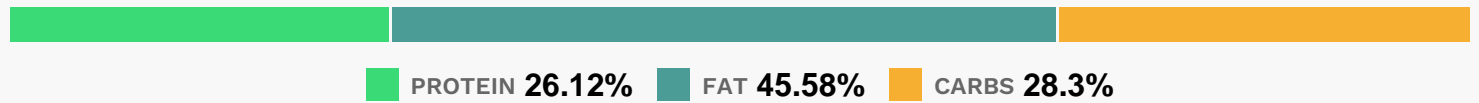
Grill steak 18 min. or until medium doneness (160F), turning and brushing occasionally with remaining steak sauce mixture.

Cut steak across the grain into thin strips.

Heat oil in large skillet on medium-high heat.

Add peppers; cook and stir 3 to 4 min. or until crisp-tender. Stir in reserved steak sauce mixture and steak strips. Spoon steak mixture evenly over tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:2.8504347840081%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 61.8kcal (3.09%), Fat: 3.13g (4.81%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.19g (1.32%), Cholesterol: 10.38mg (3.46%), Sodium: 95.16mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin C: 6.92mg (8.39%), Selenium: 5.5µg (7.85%), Zinc: 0.92mg (6.12%), Vitamin B3: 1.14mg (5.7%), Vitamin B12: 0.28µg (4.71%), Vitamin B6: 0.09mg (4.63%), Phosphorus: 39.1mg (3.91%), Vitamin B2: 0.06mg (3.57%), Vitamin B1: 0.05mg (3.39%), Iron: 0.54mg (3.02%), Manganese: 0.04mg (2.12%), Potassium: 70.7mg (2.02%), Folate: 7.36µg (1.84%), Fiber: 0.38g (1.54%), Magnesium: 5.92mg (1.48%), Vitamin K: 1.47µg (1.4%), Copper: 0.03mg (1.29%), Calcium: 11.25mg (1.12%)