



Asian Beef And Spinach Wraps

 Dairy Free  Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 1 tablespoon cornstarch
- ☐ 1 teaspoon sesame oil dark
- ☐ 4 10-inch flour tortillas ()
- ☐ 2 teaspoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 2 cups onion red thinly sliced (1 large)

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 cups pkt spinach fresh trimmed
- ☐ 2 teaspoons sugar
- ☐ 1 pound beef top sirloin steaks

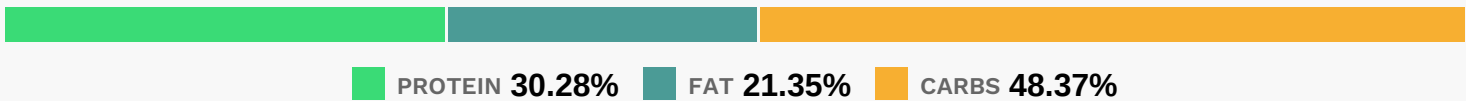
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Cut steak diagonally across grain into 1/4-inch-thick slices. Set aside.
- ☐ Combine soy sauce and next 5 ingredients in a small bowl, stirring until cornstarch dissolves.
- ☐ Add steak; stir well. Set aside.
- ☐ Heat sesame oil in a large nonstick skillet over medium-high heat; add onion, and cook, stirring constantly, until tender.
- ☐ Add spinach to onion, and cook, stirring constantly, just until spinach wilts. Set aside, and keep warm.
- ☐ Add steak mixture to skillet, and cook 3 to 4 minutes, stirring constantly.
- ☐ Wrap tortillas in wax paper or damp paper towels, and microwave at HIGH 20 seconds or until warm.
- ☐ Top each tortilla evenly with spinach mixture, steak mixture, and mandarin oranges.
- ☐ Roll up, and slice in half crosswise, securing each half with a wooden pick.

Nutrition Facts



Properties

Glycemic Index:52.02, Glycemic Load:14.2, Inflammation Score:-10, Nutrition Score:35.382608807605%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg

Nutrients (% of daily need)

Calories: 462.26kcal (23.11%), Fat: 10.92g (16.8%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 50.06g (18.2%), Sugar: 14.66g (16.28%), Cholesterol: 66.9mg (22.3%), Sodium: 1185.76mg (51.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.69%), Vitamin K: 151.79µg (144.56%), Vitamin A: 3874.68IU (77.49%), Selenium: 51.84µg (74.05%), Vitamin B3: 11.3mg (56.48%), Vitamin C: 41.06mg (49.77%), Vitamin B6: 0.98mg (49.02%), Phosphorus: 458.52mg (45.85%), Folate: 165.02µg (41.25%), Manganese: 0.82mg (40.81%), Zinc: 5.76mg (38.4%), Vitamin B1: 0.57mg (38.29%), Iron: 5.82mg (32.36%), Vitamin B2: 0.48mg (28.05%), Potassium: 948.35mg (27.1%), Magnesium: 93.62mg (23.4%), Fiber: 5.61g (22.46%), Calcium: 191.37mg (19.14%), Vitamin B12: 1.07µg (17.77%), Copper: 0.28mg (13.85%), Vitamin B5: 1.03mg (10.33%), Vitamin E: 1.19mg (7.93%)