



## BBQ Grilled Steak Wraps

READY IN



25 min.

SERVINGS



25

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup heinz bbq sauce classic & sweet thick
- 1 lb beef sirloin steak
- 0.5 cup milk cheddar cheese shredded 2% kraft
- 8 6-inch flour tortillas ( )
- 1 onion cut into 1/2-inch-thick slices
- 1 bell pepper green red quartered

### Equipment

- grill

## Directions

- Heat greased grill to medium heat.
- Grill steak 1 min.
- Add vegetables to grill; cook 8 to 10 min. or until steak is medium doneness (160F) and vegetables are crisp-tender, turning occasionally and brushing frequently with barbecue sauce for the last 5 min.
- Cut steak and vegetables into thin strips.
- Spoon meat and vegetables onto tortillas; top with cheese.
- Roll up.

## Nutrition Facts



## Properties

Glycemic Index:3.92, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:3.4965217955734%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 91.43kcal (4.57%), Fat: 4.27g (6.57%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.22g (2.63%), Sugar: 2.56g (2.85%), Cholesterol: 12.42mg (4.14%), Sodium: 154.47mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin B12: 0.53µg (8.81%), Selenium: 5.87µg (8.39%), Phosphorus: 65.07mg (6.51%), Vitamin B3: 1.15mg (5.73%), Vitamin C: 4.19mg (5.08%), Zinc: 0.75mg (5.02%), Vitamin B1: 0.07mg (4.88%), Vitamin B6: 0.1mg (4.82%), Vitamin B2: 0.08mg (4.44%), Iron: 0.78mg (4.33%), Calcium: 34.46mg (3.45%), Manganese: 0.07mg (3.43%), Folate: 12.01µg (3%), Potassium: 97.83mg (2.8%), Fiber: 0.54g (2.17%), Magnesium: 8.01mg (2%), Copper: 0.03mg (1.7%), Vitamin K: 1.22µg (1.16%), Vitamin A: 53.16IU (1.06%), Vitamin B5: 0.1mg (1.01%)