



## Beef and Swiss Roll-Ups

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 oz cream cheese softened
- ☐ 3 flour tortilla for burritos (from 11.5-oz package old el paso®)
- ☐ 1 small onion cut into thin strips
- ☐ 1 medium bell pepper green red cut into thin strips
- ☐ 0.3 lb pan drippings from roast beef preferably thinly sliced
- ☐ 2 tablespoons salad dressing
- ☐ 2 tablespoons steak sauce thick-style
- ☐ 2 oz swiss cheese shredded
- ☐ 1 teaspoon vegetable oil

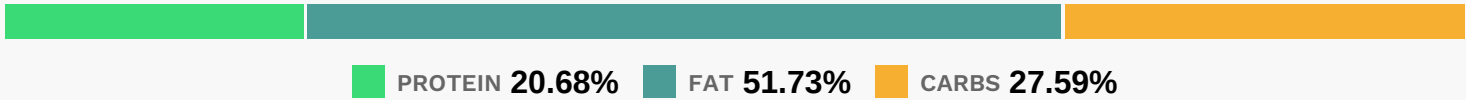
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ toothpicks
- ☐ microwave

# Directions

- ☐ In 10-inch skillet, heat oil over medium heat. Cook bell pepper and onion in oil 8 to 10 minutes, stirring occasionally, until vegetables are tender.
- ☐ Remove from heat; refrigerate vegetables about 10 minutes or until cool.
- ☐ Meanwhile, in small bowl, mix cream cheese, mayonnaise and steak sauce until smooth.
- ☐ On microwavable plate, stack tortillas. Cover with microwavable plastic wrap, folding back one edge 1/4 inch to vent steam. Microwave on High 30 seconds.
- ☐ Spread cream cheese mixture over each tortilla to within 1/4 inch of edge.
- ☐ Place equal amounts of roast beef and vegetables on each tortilla.
- ☐ Sprinkle with cheese.
- ☐ Roll up each tortilla tightly.
- ☐ Cut each roll into 8 pieces; secure with cocktail toothpick.

# Nutrition Facts



# Properties

Glycemic Index:15.63, Glycemic Load:2.11, Inflammation Score:-3, Nutrition Score:5.8639130540516%

# Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 127.5kcal (6.38%), Fat: 7.37g (11.34%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8g (2.91%), Sugar: 2.16g (2.4%), Cholesterol: 21.83mg (7.28%), Sodium: 428.92mg (18.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Vitamin C: 19.25mg (23.34%), Calcium: 130.73mg (13.07%), Phosphorus: 106.07mg (10.61%), Selenium: 6.34µg (9.06%), Vitamin B3: 1.68mg (8.41%), Vitamin B12: 0.47µg (7.84%), Zinc: 0.97mg (6.44%), Vitamin B6: 0.12mg (6.11%), Vitamin B2: 0.1mg (5.62%), Vitamin B1: 0.08mg (5.32%), Vitamin K: 5.27µg (5.02%), Manganese: 0.1mg (4.82%), Iron: 0.85mg (4.74%), Vitamin A: 221.54IU (4.43%), Folate: 16.59µg (4.15%), Potassium: 121.59mg (3.47%), Fiber: 0.85g (3.41%), Magnesium: 11.6mg (2.9%), Copper: 0.05mg (2.36%), Vitamin E: 0.33mg (2.18%), Vitamin B5: 0.16mg (1.57%)