



Beef, Bacon and Blues Wrap

READY IN



20 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 flour tortilla soft (from 17-ounce package) (10 inch)
- ☐ 8 ounces cream cheese softened
- ☐ 4 ounces cheese blue crumbled (1 cup)
- ☐ 0.3 cup milk
- ☐ 6 slices bacon crumbled cooked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 pound roast beef cooked sliced
- ☐ 2 cups romaine leaves packed

☐ 2 medium tomatoes thinly sliced

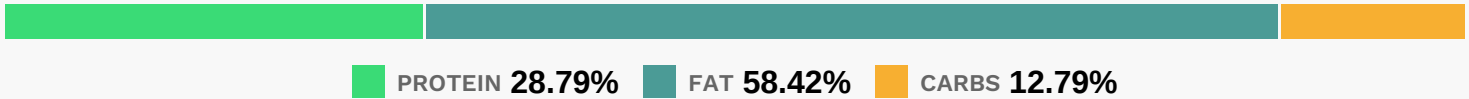
Equipment

☐ plastic wrap

Directions

- ☐ Let cracker breads come to room temperature as directed on package. Meanwhile, mix cream cheese, blue cheese, milk, bacon, chives and pepper.
- ☐ Spread half of cream cheese mixture evenly over 1 cracker bread.
- ☐ Layer half of roast beef, salad greens and tomatoes (in that order) on cracker bread, leaving 4 inches at one side covered only with cream cheese mixture. Beginning at side covered with fillings, roll up tightly. Repeat with remaining cracker bread, cream cheese mixture and fillings.
- ☐ For uniform-size slices, cut ends without fillings from each roll (about 1 inch from each end).
- ☐ Cut remaining portion of each roll into 5 slices.
- ☐ Serve immediately, or wrap securely with plastic wrap and refrigerate no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:15.204347804837%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 15.06g (23.17%), Saturated Fat: 8.12g (50.75%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 6.41g (2.33%), Sugar: 2.56g (2.84%), Cholesterol: 62.75mg (20.92%), Sodium: 1025.9mg (44.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.4%), Vitamin A: 4137.47IU (82.75%), Vitamin C: 32.65mg (39.57%), Calcium: 245.94mg (24.59%), Vitamin B3: 4.62mg (23.11%), Phosphorus: 212.89mg (21.29%), Vitamin B12: 1.04µg (17.41%), Zinc: 2.4mg (15.98%), Vitamin B6: 0.31mg (15.69%), Selenium: 10.81µg (15.45%), Vitamin

B2: 0.24mg (14.15%), Manganese: 0.22mg (11.08%), Potassium: 379.11mg (10.83%), Iron: 1.78mg (9.9%), Vitamin B1: 0.15mg (9.76%), Folate: 38.2µg (9.55%), Magnesium: 26.91mg (6.73%), Vitamin B5: 0.57mg (5.72%), Vitamin K: 4.5µg (4.29%), Fiber: 1.01g (4.02%), Vitamin E: 0.52mg (3.49%), Copper: 0.07mg (3.39%)