



Beef, Lettuce and Tomato Wraps

READY IN



30 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 2 teaspoons oregano dried
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 lb beef top sirloin steaks
- 4 8-inch tortillas whole wheat (6 to)
- 0.8 cup cream sour reduced-fat
- 1 tablespoon horseradish prepared
- 4 cups lettuce shredded

1 cup tomatoes chopped

Equipment

bowl

oven

broiler pan

Directions

In small bowl, mix chili powder, oregano, cumin and salt. Rub mixture on both sides of beef.

Let stand 10 minutes at room temperature.

Set oven control to broil.

Place beef on rack in broiler pan. Broil with top 3 to 4 inches from heat about 10 minutes for medium doneness, turning once, or until desired doneness.

Cut into 1/8-inch slices.

Warm tortillas as directed on package. In small bowl, mix sour cream and horseradish.

Spread 3 tablespoons horseradish mixture over each tortilla; top each with 1 cup of the lettuce and 1/4 cup of the tomato. Top with beef. Wrap tortillas around filling.

Nutrition Facts



PROTEIN 36.5% **FAT 30.73%** **CARBS 32.77%**

Properties

Glycemic Index:28.75, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:20.230435052644%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 347.02kcal (17.35%), Fat: 11.89g (18.29%), Saturated Fat: 5.32g (33.22%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 23.26g (8.46%), Sugar: 4.76g (5.29%), Cholesterol: 82mg (27.33%), Sodium: 988.17mg (42.96%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.78g (63.57%), Selenium: 36.92µg (52.74%), Vitamin B6: 0.84mg (41.9%), Vitamin B3: 7.99mg (39.96%), Zinc: 5.09mg (33.95%), Phosphorus: 304.37mg (30.44%), Vitamin K: 30.16µg (28.73%), Vitamin A: 1429.62IU (28.59%), Iron: 4.28mg (23.77%), Potassium: 755.94mg (21.6%), Fiber: 5.27g (21.09%), Vitamin B12: 1.25µg (20.78%), Calcium: 203.23mg (20.32%), Vitamin B2: 0.24mg (14.09%), Folate: 51.07µg (12.77%), Manganese: 0.25mg (12.59%), Magnesium: 48.07mg (12.02%), Vitamin E: 1.74mg (11.6%), Vitamin B1: 0.16mg (10.39%), Vitamin C: 8.52mg (10.32%), Vitamin B5: 0.87mg (8.71%), Copper: 0.17mg (8.37%)