



## Beef & Swiss Pinwheels

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 1 medium bell pepper green red cut into thin strips
- ☐ 1 small onion cut into thin strips
- ☐ 2 oz cream cheese softened
- ☐ 2 tablespoons salad dressing
- ☐ 2 tablespoons steak sauce thick-style
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 0.3 lb pan drippings from roast beef preferably thinly sliced
- ☐ 2 oz swiss cheese shredded

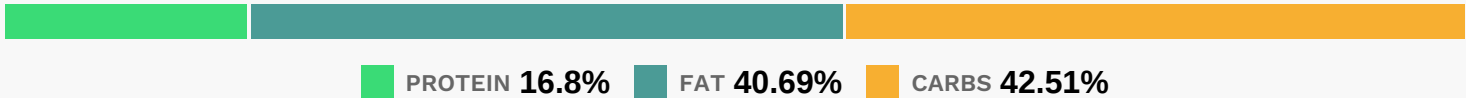
# Equipment

- ☐ 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:6.44, Inflammation Score:-4, Nutrition Score:8.8891304368558%

# 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: 212.36kcal (10.62%), Fat: 9.59g (14.75%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 20.73g (7.54%), Sugar: 3.19g (3.54%), Cholesterol: 21.83mg (7.28%), Sodium: 633.02mg (27.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Vitamin C: 19.25mg (23.34%), Selenium: 12.53µg (17.9%), Calcium: 171.22mg (17.12%), Phosphorus: 163.2mg (16.32%), Vitamin B1: 0.22mg (14.62%), Vitamin B3: 2.91mg (14.54%), Manganese: 0.23mg (11.67%), Folate: 42.66µg (10.66%), Iron: 1.86mg (10.33%), Vitamin B2: 0.17mg (10.22%), Vitamin B12: 0.47µg (7.84%), Zinc: 1.11mg (7.42%), Fiber: 1.82g (7.29%), Vitamin B6: 0.14mg (6.93%), Vitamin K: 7.27µg (6.92%), Potassium: 156.25mg (4.46%), Vitamin A: 221.54IU (4.43%), Magnesium: 17.7mg (4.43%), Copper: 0.08mg (3.8%), Vitamin E: 0.33mg (2.18%), Vitamin B5: 0.2mg (2.03%)