



Black Pepper Sirloin Wrap with Kickin' Chipotle Spread

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup julienne-cut bell pepper red (3 x) (1 medium)
- ☐ 6 servings kickin' chipotle spread
- ☐ 6 7-inch flour tortillas () (such as Mission Carb Balance)
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 4 cups torn salad greens mixed
- ☐ 1 pound rump steak boneless lean (3/)

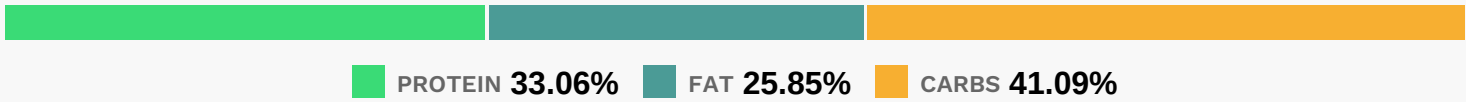
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Sprinkle both sides of steak with black pepper.
- ☐ Place steak on a grill rack coated with cooking spray; grill 5 to 6 minutes on each side or until desired degree of doneness.
- ☐ Let stand 3 minutes before slicing.
- ☐ While steak cooks, top tortillas evenly with salad greens and bell pepper. Top with steak slices; drizzle Kickin' Chipotle
- ☐ Spread evenly over steak.
- ☐ Roll up.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:7.57, Inflammation Score:-8, Nutrition Score:17.393478289894%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 258.5kcal (12.93%), Fat: 7.33g (11.27%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 23.62g (8.59%), Sugar: 3.17g (3.52%), Cholesterol: 46.12mg (15.37%), Sodium: 390.57mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.08g (42.17%), Vitamin C: 37.97mg (46.03%), Selenium: 29.7µg (42.43%), Vitamin B3: 8.04mg (40.2%), Vitamin B6: 0.58mg (28.85%), Phosphorus: 267.65mg (26.76%), Zinc: 3.5mg (23.33%), Vitamin A: 1084.11IU (21.68%), Vitamin B1: 0.3mg (19.98%), Manganese: 0.39mg (19.49%), Folate: 74.47µg (18.62%), Iron: 3.24mg (18.01%), Vitamin B12: 0.9µg (14.99%), Vitamin B2: 0.25mg (14.49%), Potassium: 423.17mg (12.09%), Fiber: 2.59g (10.34%), Calcium: 96.49mg (9.65%), Magnesium: 34.56mg (8.64%), Vitamin B5: 0.69mg (6.88%), Copper: 0.13mg (6.47%), Vitamin K: 6.6µg (6.29%), Vitamin E: 0.65mg (4.33%)