



Blue Cheese and Beef Roll-Ups

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 2 tablespoons cheese blue crumbled
- 0.3 cup mayonnaise fat-free
- 4 10-inch flour tortillas reduced-fat ()
- 1 cup grape tomatoes halved
- 0.5 teaspoon horseradish prepared
- 0.3 cup onion red thinly sliced
- 4 cups romaine lettuce finely chopped
- 0.5 pound round tip steak strips

0.1 teaspoon salt

Equipment

bowl

frying pan

Directions

Combine mayonnaise, blue cheese, horseradish, and 1/8 teaspoon black pepper in a small bowl; cover and refrigerate 30 minutes.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.

Sprinkle steak with salt and remaining 1/8 teaspoon pepper.

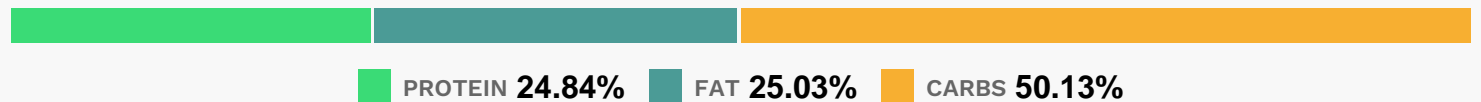
Add steak to pan; saut 4 minutes or until desired degree of doneness.

Let stand 5 minutes; cut into 1-inch pieces.

Combine the lettuce, tomatoes, and onion in a bowl.

Spread about 2 tablespoons mayonnaise mixture evenly over each tortilla. Divide steak and lettuce mixture evenly among tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:11.57, Inflammation Score:-10, Nutrition Score:23.940869356951%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 335.18kcal (16.76%), Fat: 9.26g (14.25%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 37.25g (13.55%), Sugar: 6.61g (7.35%), Cholesterol: 38.94mg (12.98%), Sodium: 824.77mg (35.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.68g (41.36%), Vitamin A: 4431.59IU (88.63%), Vitamin K:

61.93µg (58.98%), Selenium: 34.52µg (49.32%), Vitamin B3: 7.41mg (37.07%), Folate: 146.78µg (36.7%), Phosphorus: 312.04mg (31.2%), Vitamin B1: 0.46mg (30.63%), Vitamin B6: 0.51mg (25.47%), Manganese: 0.5mg (25.17%), Iron: 4.28mg (23.8%), Zinc: 3.26mg (21.73%), Vitamin B2: 0.34mg (19.91%), Fiber: 4.47g (17.89%), Calcium: 156.79mg (15.68%), Potassium: 539.57mg (15.42%), Vitamin B12: 0.81µg (13.47%), Magnesium: 42.83mg (10.71%), Vitamin C: 7.88mg (9.55%), Copper: 0.19mg (9.46%), Vitamin B5: 0.67mg (6.75%), Vitamin E: 0.45mg (2.98%)