



Blue Cheese-Pepper Steak Wraps

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons mustard dry
- ☐ 2 ounces feta cheese blue crumbled
- ☐ 4 8-inch flour tortillas fat-free
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 cups mushrooms sliced
- ☐ 1 onion cut into 1/4-inch-thick wedges
- ☐ 1 medium bell pepper red seeded cut into 1/4-inch strips

- ☐ 1.5 tablespoons red wine vinegar
- ☐ 2 cups romaine lettuce chopped
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces boned top round steak
- ☐ 2 tablespoons water

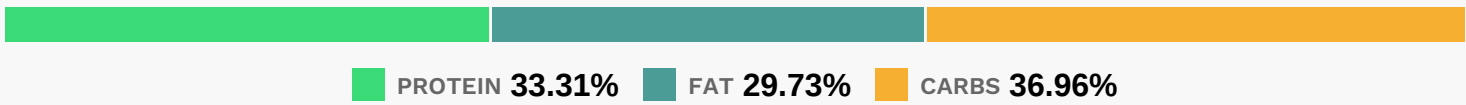
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim fat from beef; slice into 1/4-inch strips. Set aside.
- ☐ Combine the mustard, black pepper, garlic, and salt in a large bowl.
- ☐ Add beef, tossing to coat.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add beef mixture; saut 4 minutes or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add mushrooms, onion, and bell pepper to pan; saut 2 minutes.
- ☐ Add water; cover and cook 5 minutes, stirring occasionally. Stir in beef mixture and vinegar.
- ☐ Remove from heat; stir in cheese.
- ☐ Warm tortillas according to package instructions. Spoon 1 cup mixture onto each tortilla; top each serving with 1/2 cup lettuce, and roll up.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:9.37, Inflammation Score:-10, Nutrition Score:28.473043726838%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 356.5kcal (17.82%), Fat: 11.73g (18.05%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 28.77g (10.46%), Sugar: 5.68g (6.31%), Cholesterol: 62.51mg (20.84%), Sodium: 745.83mg (32.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.58g (59.15%), Selenium: 47.42µg (67.75%), Vitamin A: 3088.7IU (61.77%), Vitamin B3: 10.43mg (52.15%), Vitamin C: 42.16mg (51.11%), Phosphorus: 424.37mg (42.44%), Vitamin B6: 0.83mg (41.29%), Zinc: 5.03mg (33.54%), Vitamin B2: 0.57mg (33.4%), Folate: 125.73µg (31.43%), Vitamin K: 31.15µg (29.67%), Vitamin B1: 0.44mg (29.01%), Iron: 4.38mg (24.32%), Manganese: 0.45mg (22.7%), Vitamin B12: 1.34µg (22.34%), Potassium: 746.04mg (21.32%), Calcium: 190.18mg (19.02%), Vitamin B5: 1.8mg (17.99%), Copper: 0.34mg (17.1%), Fiber: 4.05g (16.21%), Magnesium: 54.25mg (13.56%), Vitamin E: 0.85mg (5.65%), Vitamin D: 0.17µg (1.11%)