



## Easy Wrap Roast Beef Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 6-inch flour tortilla ()
- 1 oz hoffman's pepper pasteurized process cheese food hot cut into strips
- 1 romaine leaves
- 1 Tbsp real mayo mayonnaise kraft
- 3 slices deli roast beef
- 0.3 cup tomatoes chopped

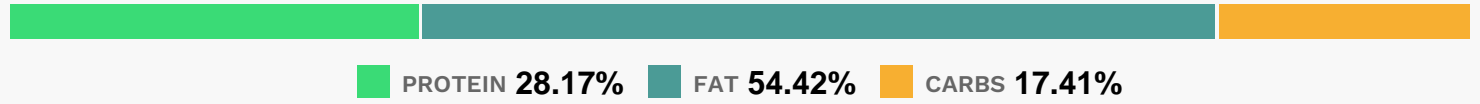
### Equipment

- plastic wrap

## Directions

- Spread tortilla with mayo.
- Top with remaining ingredients; roll up.
- Serve immediately, or wrap tightly in plastic wrap and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:149, Glycemic Load:5.15, Inflammation Score:-9, Nutrition Score:21.17782610914%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 402.49kcal (20.12%), Fat: 24.32g (37.42%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.78g (5.74%), Sugar: 2.55g (2.84%), Cholesterol: 78.91mg (26.3%), Sodium: 1751.31mg (76.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.33g (56.67%), Vitamin C: 47.22mg (57.24%), Calcium: 503.96mg (50.4%), Vitamin A: 2314.23IU (46.28%), Vitamin B3: 7.91mg (39.55%), Phosphorus: 368.59mg (36.86%), Vitamin B12: 1.68µg (28%), Zinc: 4.17mg (27.83%), Vitamin K: 28.31µg (26.96%), Selenium: 16.89µg (24.13%), Vitamin B6: 0.43mg (21.55%), Vitamin B2: 0.33mg (19.54%), Iron: 3.4mg (18.9%), Vitamin B1: 0.23mg (15.47%), Manganese: 0.28mg (14.14%), Folate: 56.34µg (14.09%), Potassium: 433.27mg (12.38%), Magnesium: 39.25mg (9.81%), Fiber: 1.74g (6.95%), Copper: 0.12mg (6.18%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.42mg (4.18%), Vitamin D: 0.2µg (1.32%)