



Flank Steak Wrap with Caramelized Onions and Blue Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 ounces cheese blue crumbled
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 pound flank steak trimmed
- ☐ 2 garlic cloves minced
- ☐ 40 inch lavash cut in half
- ☐ 6 cups onion vertically sliced (3 medium onions)
- ☐ 0.5 teaspoon salt

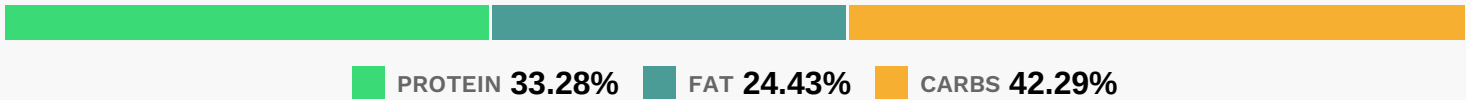
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 3 ingredients; rub evenly over steak. Cover and chill 2 hours.
- ☐ Preheat broiler.
- ☐ Place steak on a broiler pan coated with cooking spray; broil 7 minutes on each side or until done.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ While steak cooks, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion to pan; cover and cook 10 minutes or until golden brown, stirring frequently.
- ☐ Combine cheese and mayonnaise; spread 2 tablespoons on each lavash half. Top each with 3 ounces steak and 1/2 cup onion; roll up.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:5.21, Inflammation Score:-8, Nutrition Score:19.292608601891%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 48.75mg, Quercetin: 48.75mg, Quercetin: 48.75mg, Quercetin: 48.75mg

Nutrients (% of daily need)

Calories: 396.65kcal (19.83%), Fat: 10.7g (16.47%), Saturated Fat: 5.19g (32.47%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 36.56g (13.29%), Sugar: 12.08g (13.42%), Cholesterol: 79.97mg (26.66%), Sodium: 757.86mg (32.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.63%), Selenium: 36.98µg (52.82%), Vitamin B6: 1.02mg (50.85%), Vitamin B3: 7.5mg (37.49%), Phosphorus: 356.93mg (35.69%), Zinc: 5.16mg (34.38%), Potassium: 789.85mg (22.57%), Vitamin C: 18.23mg (22.09%), Fiber: 5.13g (20.54%), Vitamin B12: 1.2µg (20.08%), Iron: 3.6mg (19.99%), Manganese: 0.38mg (19.21%), Folate: 65.53µg (16.38%), Calcium: 158.73mg (15.87%), Vitamin B2: 0.25mg (14.91%), Magnesium: 53.31mg (13.33%), Vitamin B1: 0.2mg (13.3%), Vitamin B5: 1.27mg (12.67%), Copper: 0.19mg (9.65%), Vitamin K: 6.66µg (6.34%), Vitamin E: 0.42mg (2.81%), Vitamin A: 114.46IU (2.29%)