



Greek Beef Wraps

 Gluten Free

READY IN



29 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cucumber grated peeled seeded
- ☐ 4 oz feta cheese crumbled
- ☐ 1 tablespoon dill weed fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 pound ground round
- ☐ 0.5 teaspoon pepper
- ☐ 3 plum tomatoes finely chopped
- ☐ 1 small onion red chopped

- ☐ 0.5 teaspoon salt divided
- ☐ 1 teaspoon greek seasoning
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 6 garden-spinach flatbread wraps

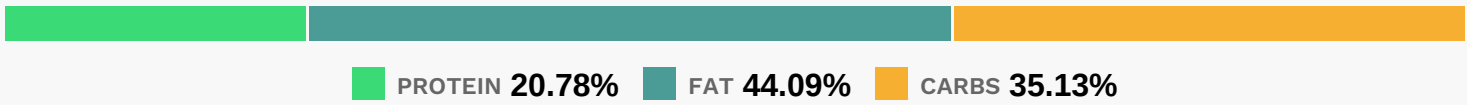
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook first 4 ingredients and 1/4 tsp. salt in a large skillet over medium-high heat, stirring often, 7 to 9 minutes or until beef crumbles and is no longer pink; drain well on paper towels.
- ☐ Stir together cucumber, next 3 ingredients, and remaining 1/4 tsp. salt. Spoon 2 Tbsp. cucumber mixture down center of each wrap; top with beef mixture, tomatoes, and feta.
- ☐ Roll up, and serve with remaining cucumber mixture.
- ☐ Note: For testing purposes only, we used Flatout Traditional Garden Spinach Wraps.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:16.069565182147%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 490.26kcal (24.51%), Fat: 24.16g (37.17%), Saturated Fat: 11.43g (71.45%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 38.89g (14.14%), Sugar: 5.61g (6.23%), Cholesterol: 88.26mg (29.42%), Sodium: 914.51mg (39.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.24%), Vitamin B12: 2.07µg (34.49%), Iron: 6.01mg (33.37%), Calcium: 319.7mg (31.97%), Zinc: 4.49mg (29.93%), Phosphorus: 257.07mg (25.71%), Selenium:

17.04µg (24.34%), Vitamin B6: 0.46mg (23.11%), Vitamin B2: 0.37mg (21.75%), Vitamin B3: 4.33mg (21.63%), Fiber: 4.43g (17.73%), Vitamin A: 729.67IU (14.59%), Potassium: 484.98mg (13.86%), Vitamin K: 13.02µg (12.4%), Vitamin B5: 0.94mg (9.43%), Vitamin C: 7.78mg (9.42%), Manganese: 0.18mg (9.22%), Magnesium: 36.4mg (9.1%), Folate: 30.08µg (7.52%), Vitamin B1: 0.11mg (7.1%), Copper: 0.14mg (6.87%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.15µg (1.01%)