



Hot Skillet Sirloin Wraps with Blue Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cheese blue crumbled
- ☐ 1.5 teaspoons chili powder
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 4 8-inch flour tortillas
- ☐ 1 garlic clove minced
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 tablespoon green onions minced
- ☐ 1 teaspoon olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt divided
- ☐ 0.8 pound rump steak cut into 1/4-inch-thick diagonal strips
- ☐ 2 cups torn spinach

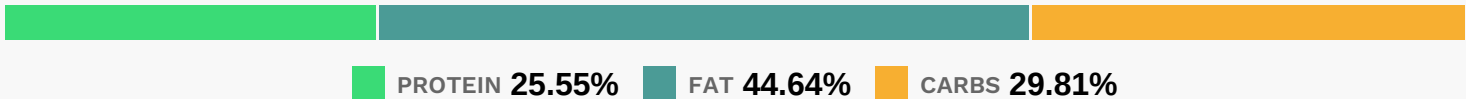
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients and 1/4 teaspoon salt, stirring well. Set aside.
- ☐ Sprinkle steak with chili powder, oregano, and remaining salt.
- ☐ Heat oil in a large nonstick skillet over high heat.
- ☐ Add steak and green pepper; saut 2 minutes or until meat is done and pepper strips are tender.
- ☐ Warm tortillas according to package directions. Spoon about 3/4 cup steak mixture down center of each tortilla. Top each with 1/2 cup spinach and 2 tablespoons yogurt mixture.
- ☐ Sprinkle with black pepper; roll up.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:8.28, Inflammation Score:-9, Nutrition Score:24.491304388513%

Flavonoids

Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 414.73kcal (20.74%), Fat: 20.39g (31.37%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 27.58g (10.03%), Sugar: 5.17g (5.75%), Cholesterol: 54.57mg (18.19%), Sodium: 858.1mg

(37.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Vitamin K: 84.86µg (80.82%), Vitamin B12: 2.65µg (44.24%), Selenium: 28.17µg (40.24%), Vitamin A: 1825.48IU (36.51%), Phosphorus: 351.6mg (35.16%), Vitamin C: 28.94mg (35.07%), Vitamin B3: 5.83mg (29.15%), Vitamin B2: 0.45mg (26.36%), Vitamin B1: 0.39mg (26.14%), Vitamin B6: 0.51mg (25.41%), Zinc: 3.76mg (25.04%), Manganese: 0.49mg (24.65%), Iron: 4.4mg (24.44%), Folate: 93.64µg (23.41%), Calcium: 212.53mg (21.25%), Potassium: 588.66mg (16.82%), Magnesium: 53.32mg (13.33%), Fiber: 3.07g (12.3%), Copper: 0.18mg (9.09%), Vitamin B5: 0.75mg (7.45%), Vitamin E: 0.92mg (6.14%)