



## Lamb Picadillo Wrap

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon chili powder
- 8 6-inch flour tortillas fat-free ()
- 2 tablespoons cilantro leaves fresh minced
- 3 garlic cloves minced
- 0.5 cup golden raisins
- 2 tablespoons jalapeno seeded finely chopped
- 4 pounds boned lamb shoulder
- 2 tablespoons juice of lime fresh

- 1 tablespoon oregano dried
- 0.3 cup pimento-stuffed olives chopped
- 0.3 teaspoon salt
- 6 ounce tomato paste canned
- 1 tablespoon cocoa unsweetened
- 2 cups water

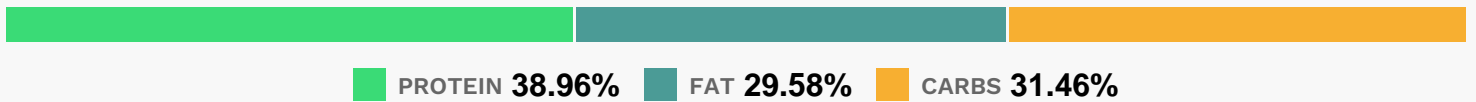
## Equipment

- frying pan

## Directions

- Trim fat from lamb.
- Cut lamb into 3 x 1/4-inch strips.
- Place a skillet over medium-high heat until hot.
- Add lamb; cook 4 minutes or until browned.
- Add jalapeo, oregano, chili powder, salt, and garlic, and saute 1 minute. Stir in tomato paste, and saut 2 minutes. Stir in water, raisins, and cocoa; bring to a boil. Reduce heat; simmer 20 minutes. Stir in olives, cilantro, and juice.
- Warm tortillas according to package directions. Spoon about 1/2 cup lamb mixture down center of each tortilla; roll up.

## Nutrition Facts



## Properties

Glycemic Index:28.46, Glycemic Load:9.15, Inflammation Score:-8, Nutrition Score:21.636521836986%

## Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin:

0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## **Nutrients (% of daily need)**

Calories: 330.32kcal (16.52%), Fat: 10.85g (16.69%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 23.02g (8.37%), Sugar: 7.77g (8.64%), Cholesterol: 91.44mg (30.48%), Sodium: 507.1mg (22.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.16g (64.32%), Vitamin B12: 3.81µg (63.58%), Selenium: 39.85µg (56.93%), Vitamin B3: 10.49mg (52.47%), Zinc: 6.31mg (42.05%), Phosphorus: 356.74mg (35.67%), Vitamin B2: 0.46mg (27.1%), Iron: 4.56mg (25.33%), Vitamin B1: 0.35mg (23.25%), Potassium: 634.86mg (18.14%), Vitamin B6: 0.35mg (17.7%), Folate: 69.1µg (17.27%), Manganese: 0.35mg (17.26%), Copper: 0.33mg (16.37%), Magnesium: 58.27mg (14.57%), Vitamin B5: 1.19mg (11.91%), Fiber: 2.95g (11.79%), Vitamin C: 8.22mg (9.96%), Calcium: 94.15mg (9.42%), Vitamin E: 1.39mg (9.29%), Vitamin K: 9.67µg (9.21%), Vitamin A: 418.57IU (8.37%)