



## Mediterranean Grilled Steak Wraps

READY IN



30 min.

SERVINGS



30

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 lb beef skirt steak
- 4 oz athenos feta cheese crumbled traditional
- 4 10-inch flour tortillas ()
- 1 Tbsp mint leaves fresh chopped
- 1 large navel oranges chopped
- 0.5 cup onions red chopped
- 0.5 cup greek vinaigrette dressing kraft

### Equipment

bowl

grill

## Directions

Heat greased grill to medium heat.

Mix dressing and mint until blended.

Combine oranges, onions and cheese in medium bowl.

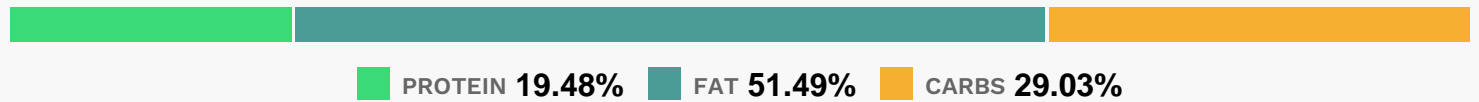
Add half the dressing mixture; mix lightly.

Grill steak 5 to 6 min. on each side or until cooked to medium doneness (160F), brushing frequently with remaining dressing mixture.

Remove steak from grill; let stand 5 min.

Cut steak across the grain into thin slices. Top tortillas with meat and orange mixture; roll up.

## Nutrition Facts



## Properties

Glycemic Index:2.93, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:3.2365217597588%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 78.03kcal (3.9%), Fat: 4.5g (6.92%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.22g (1.9%), Sugar: 0.96g (1.07%), Cholesterol: 10.51mg (3.5%), Sodium: 119.48mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Selenium: 5.22µg (7.46%), Zinc: 0.9mg (5.98%), Vitamin B2: 0.1mg (5.75%), Vitamin B3: 1.12mg (5.59%), Phosphorus: 51.31mg (5.13%), Vitamin B12: 0.31µg (5.09%), Vitamin K: 5.04µg (4.8%), Vitamin B1: 0.06mg (4.27%), Vitamin B6: 0.08mg (3.89%), Vitamin C: 2.97mg (3.6%), Calcium: 35.69mg (3.57%), Iron: 0.58mg (3.21%), Folate: 12.48µg (3.12%), Manganese: 0.06mg (3.1%), Fiber: 0.48g (1.92%), Potassium: 59.4mg (1.7%), Magnesium: 6.09mg (1.52%), Vitamin E: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.33%),

Copper: 0.02mg (1.17%)