



Mexican wraps with simple salsa

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 300 g beef cut into thin strips)
- ☐ 2 onion halved sliced
- ☐ 2 bell pepper red seeded sliced
- ☐ 1 tbsp cooking oil
- ☐ 2 tsp penzey's southwest seasoning
- ☐ 8 tortillas
- ☐ 400 g canned tomatoes with chilli and herbs chopped canned
- ☐ 1 small bunch cilantro leaves roughly chopped

☐ 4 servings cream

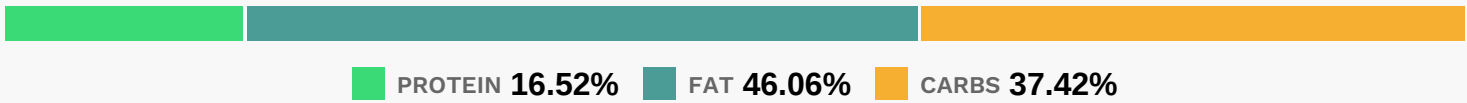
Equipment

- ☐ bowl
- ☐ sieve
- ☐ baking pan
- ☐ grill
- ☐ microwave

Directions

- ☐ Heat the grill to high and scatter the beef, onions and pepper pieces on a large baking tray.
- ☐ Mix the oil and seasoning in a small bowl, then rub over the meat and vegetables with your hands. Grill for 10 mins, turning halfway, until everything is cooked through and the peppers and onions are starting to blacken at the edges.
- ☐ Heat the tortillas in the microwave or under the grill according to pack instructions.
- ☐ Meanwhile, tip the tomatoes into a sieve and leave to drain from their juice for 5 mins. Discard the juice, mix the flesh with most of the chopped coriander and season to taste. Wrap the spicy beef and vegetables, salsa and a little of the remaining coriander in the tortillas, topping with a spoonful of soured cream or yogurt, if you like.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:13.33, Inflammation Score:-9, Nutrition Score:29.738260766734%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 505.26kcal (25.26%), Fat: 26.25g (40.39%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 40.69g (14.8%), Sugar: 11.98g (13.32%), Cholesterol: 60.33mg (20.11%), Sodium: 633.69mg (27.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.38%), Vitamin C: 90.13mg (109.25%), Vitamin A: 2330.69IU (46.61%), Vitamin B3: 7.84mg (39.19%), Manganese: 0.76mg (37.87%), Selenium: 26.14µg (37.34%), Vitamin K: 38.3µg (36.48%), Vitamin B6: 0.7mg (35.02%), Iron: 6.26mg (34.75%), Phosphorus: 319.25mg (31.92%), Vitamin B1: 0.47mg (31.64%), Folate: 120.27µg (30.07%), Fiber: 7.29g (29.15%), Zinc: 4.08mg (27.21%), Vitamin B12: 1.63µg (27.17%), Vitamin B2: 0.43mg (25.53%), Vitamin E: 3.67mg (24.44%), Potassium: 832.82mg (23.79%), Calcium: 204.73mg (20.47%), Copper: 0.34mg (17.25%), Magnesium: 66.96mg (16.74%), Vitamin B5: 1.08mg (10.84%)