



## Philly Cheesesteak Grilled Wraps

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 fat-trimmed beef flank steak sliced thin
- 1 tbsp vegetable oil
- 2 onion halved sliced
- 1 tsp beef base
- 2 portabello mushrooms
- 2 bell pepper sliced
- 2 bell pepper sliced
- 4 servings mayonnaise

4 servings hot sauce

4 tortillas

## Equipment

frying pan

grill

panini press

## Directions

In frying pan over medium-low heat, add onions and cook on low until caramelized (when done properly, this takes about 30 min).

Add in the Better than Bouillon Beef Base and a tbsp of water to make a faint gravy.

Add in the mushrooms and bell peppers and cook until softened, about 5 minutes.

On tortilla, spread a thin layer of mayonnaise and top with a few squirts of hot sauce.

Pile on the steak and vegetables.

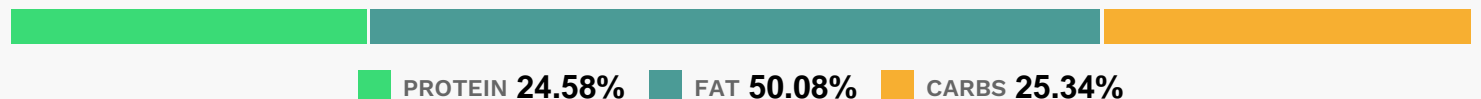
Roll up, making sure the ends are sealed.

On griddle or in large frying pan sprayed with cooking spray, over medium heat, add the wraps, seam side down, and put something heavy on top (like a smaller frying pan weighted down with something heatproof) and grill until toasted. Flip and repeat. This would work well in an electric grill (like the George Foreman or a panini press)

Once finished, pull off and let sit for a minute before slicing in half.

Enjoy the happy faces around you :)

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:7.32, Inflammation Score:-9, Nutrition Score:29.999130434783%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

## Nutrients (% of daily need)

Calories: 447.14kcal (22.36%), Fat: 25.35g (38.99%), Saturated Fat: 9.1g (56.87%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 23.83g (8.67%), Sugar: 9.59g (10.66%), Cholesterol: 70.63mg (23.54%), Sodium: 438.34mg (19.06%), Protein: 27.99g (55.98%), Vitamin C: 156.46mg (189.65%), Vitamin A: 3746.71IU (74.93%), Selenium: 42.7µg (61%), Vitamin B3: 9.99mg (49.96%), Vitamin B6: 0.94mg (47.22%), Zinc: 6.58mg (43.84%), Phosphorus: 318.75mg (31.87%), Vitamin B12: 1.91µg (31.78%), Vitamin B2: 0.53mg (31.02%), Folate: 108.91µg (27.23%), Vitamin B1: 0.37mg (24.41%), Potassium: 827.57mg (23.64%), Vitamin K: 22.68µg (21.6%), Iron: 3.81mg (21.17%), Fiber: 5.03g (20.12%), Manganese: 0.38mg (19.18%), Vitamin E: 2.31mg (15.39%), Copper: 0.28mg (14.1%), Magnesium: 50.41mg (12.6%), Vitamin B5: 0.98mg (9.81%), Calcium: 74.58mg (7.46%), Vitamin D: 0.25µg (1.65%)