



Philly Firecrackers

READY IN



20 min.

SERVINGS



8

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 12-inch flour tortillas ()
- 1 green onion chopped
- 2 tablespoons horseradish prepared
- 2 cups iceberg lettuce shredded
- 0.5 cup mayonnaise
- 0.5 teaspoon pepper
- 1 pound pan drippings from roast beef preferably cut into 24 thin slices
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

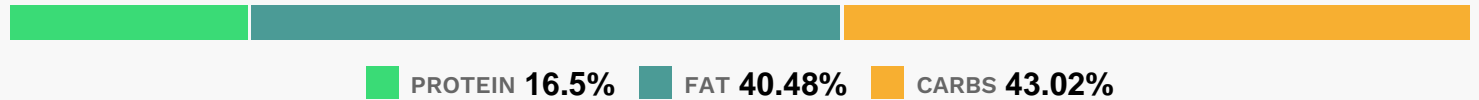
Equipment

- baking paper
- plastic wrap

Directions

- Stir together first 6 ingredients until blended.
- Spread evenly on one side of each tortilla; top with 3 beef slices and, if desired, 2 cheese slices.
- Sprinkle evenly with shredded lettuce.
- Roll up tortillas tightly; wrap in parchment paper or plastic wrap. Chill 8 hours.
- Note: For testing purposes only, we used Sargento Deli Style Sharp Cheddar Cheese slices.
- * 1/2 cup light sour cream and 1/2 cup light mayonnaise may be substituted.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:18.08, Inflammation Score:-6, Nutrition Score:21.722608729549%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 545.66kcal (27.28%), Fat: 24.41g (37.56%), Saturated Fat: 7.11g (44.42%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 53.98g (19.63%), Sugar: 5.49g (6.1%), Cholesterol: 46.68mg (15.56%), Sodium: 1948.87mg (84.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.77%), Vitamin B3: 9.31mg (46.55%), Selenium: 30.21µg (43.16%), Vitamin B1: 0.61mg (40.79%), Vitamin K: 38.94µg (37.09%), Phosphorus: 363.65mg (36.36%), Calcium: 347.9mg (34.79%), Vitamin C: 27.36mg (33.17%), Manganese: 0.62mg (31.12%), Folate: 122.22µg (30.56%), Iron: 5.49mg (30.52%), Vitamin B2: 0.42mg (24.99%), Zinc: 2.79mg (18.57%), Fiber: 4.4g (17.6%), Vitamin B12: 1.01µg (16.85%), Vitamin B6: 0.31mg (15.63%), Potassium: 362.46mg (10.36%), Magnesium: 41.35mg (10.34%),

Copper: 0.17mg (8.66%), Vitamin B5: 0.45mg (4.52%), Vitamin A: 204.73IU (4.09%), Vitamin E: 0.56mg (3.71%)