



Philly-Rito! with Sour Cream Cilantro Sauce

READY IN



35 min.

SERVINGS



4

CALORIES



1492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices processed cheese food
- ☐ 1 avocado mashed
- ☐ 0.5 teaspoon pepper black
- ☐ 4 12-inch flour tortillas
- ☐ 1 small bunch cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic powder
- ☐ 3 tablespoons olive oil
- ☐ 0.5 jar roasted peppers red julienned drained
- ☐ 1 teaspoon salt

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 2 pounds sirloin thinly sliced
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 onion diced yellow

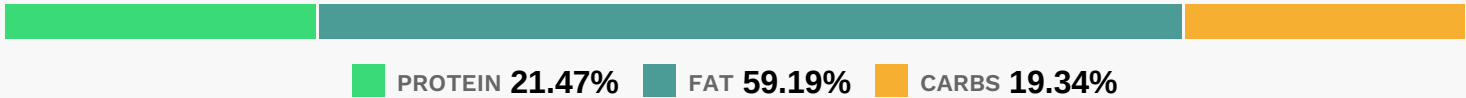
Equipment

- ☐ frying pan

Directions

- ☐ Mix the ingredients until well combined.
- ☐ For the Philly-Rito!: In a saute pan over medium-high heat, add the oil and onions. Cook until the onions are translucent, about 10 minutes.
- ☐ Add the sirloin and garlic powder and saute another 3 minutes. Fold in the cheeses to melt.
- ☐ Add the roasted red peppers and season with salt and pepper. Turn off the heat and set aside.
- ☐ In a dry skillet, warm the tortillas 1 at a time. Hold warm under a towel. To form the Philly-Rito!, spread a spoonful of the avocado onto a tortilla, top with a quarter of the meat and roll it up like a burrito.
- ☐ Serve with the sour cream sauce.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:19.59, Inflammation Score:-9, Nutrition Score:50.675217317498%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 1491.92kcal (74.6%), Fat: 97.98g (150.73%), Saturated Fat: 40.37g (252.3%), Carbohydrates: 72.04g (24.01%), Net Carbohydrates: 63.38g (23.05%), Sugar: 9.29g (10.32%), Cholesterol: 247.72mg (82.57%), Sodium: 3206.87mg (139.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.99g (159.97%), Vitamin B12: 8.35µg (139.14%), Selenium: 84.07µg (120.11%), Phosphorus: 1195.5mg (119.55%), Calcium: 998.07mg (99.81%), Zinc: 11.45mg (76.36%), Vitamin B3: 14.6mg (72.99%), Vitamin B2: 1.18mg (69.25%), Vitamin B6: 1.27mg (63.56%), Vitamin B1: 0.9mg (60.16%), Iron: 10.17mg (56.51%), Folate: 186.51µg (46.63%), Manganese: 0.88mg (44.11%), Potassium: 1398.78mg (39.97%), Fiber: 8.66g (34.64%), Vitamin C: 27.9mg (33.82%), Vitamin K: 35.23µg (33.55%), Vitamin A: 1570.2IU (31.4%), Magnesium: 123.12mg (30.78%), Copper: 0.52mg (25.77%), Vitamin E: 3.29mg (21.91%), Vitamin B5: 2.11mg (21.12%), Vitamin D: 0.48µg (3.19%)