



Roast Beef and Avocado Wraps

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado cubed
- 1 cup colby-monterey jack cheese shredded
- 4 ounce cream cheese softened
- 1 clove garlic minced
- 1 teaspoon ground cumin
- 6 lettuce leaves dried rinsed
- 0.1 teaspoon pepper flakes dried red
- 12 slices deli roast beef sliced

- 6 tomato and oregano tortillas
- 1 tomatoes seeded chopped

Equipment

- bowl

Directions

- Mix the cream cheese, cumin, garlic, and chili flakes in a bowl until well blended.
- Spread a thin layer of the cream cheese mixture over each tortilla, dividing evenly.
- Place a lettuce leaf on each tortilla, and top with two roast beef slices.
- Sprinkle evenly with avocado, tomatoes, and cheese. Starting at one end, gently roll up each tortilla into a tight tube. Slice in half diagonally and place two pieces on 6 serving plates.

Nutrition Facts

PROTEIN 14.09% **FAT 73.83%** **CARBS 12.08%**

Properties

Glycemic Index:27.83, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:9.6052174049875%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 204.8kcal (10.24%), Fat: 17.39g (26.75%), Saturated Fat: 8.19g (51.21%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 3.58g (1.3%), Sugar: 1.86g (2.07%), Cholesterol: 36.99mg (12.33%), Sodium: 220.72mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin A: 2414.77IU (48.3%), Calcium: 185.43mg (18.54%), Vitamin C: 11.56mg (14.01%), Phosphorus: 139.56mg (13.96%), Vitamin B2: 0.19mg (11.34%), Fiber: 2.82g (11.28%), Folate: 44.66µg (11.17%), Vitamin K: 9.59µg (9.14%), Potassium: 312.2mg (8.92%), Vitamin B6: 0.17mg (8.42%), Manganese: 0.17mg (8.38%), Vitamin E: 1.12mg (7.43%), Zinc: 1.05mg (7.02%), Selenium: 4.86µg (6.95%), Vitamin B5: 0.64mg (6.4%), Magnesium: 23.7mg (5.93%), Iron: 0.93mg (5.16%), Vitamin B3: 1.01mg (5.04%), Copper:

0.09mg (4.57%), Vitamin B1: 0.07mg (4.35%), Vitamin B12: 0.23 μ g (3.86%)