



## Roast Beef and Bacon Wrap with Spicy Chili Lime Mayo

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup salad dressing
- 1 tablespoon juice of lime
- 1 teaspoon chili powder
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 teaspoon salt
- 4 10-inch flour tortilla ()
- 0.8 lb pan drippings from roast beef preferably cooked thinly sliced

- 8 slices bacon cooked
- 1 avocado pitted ripe peeled sliced
- 4 small leaves the of 1 cos lettuce
- 12 onion red thin

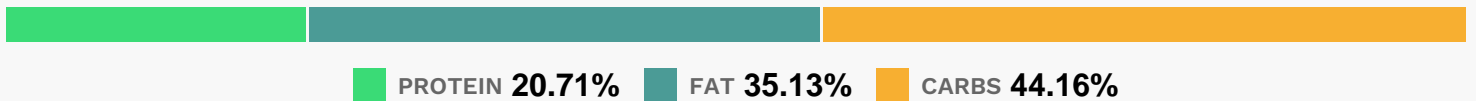
## Equipment

- bowl

## Directions

- In small bowl, combine mayonnaise, lime juice, chili powder, cayenne and salt. Set aside.
- Spread 1/4 of the mayonnaise mixture over bottom half of each tortilla within 1 inch from edges. Divide roast beef, bacon, avocado, lettuce and onion evenly over bottom half of tortillas. Tuck in sides of tortillas; roll up tightly to enclose filling.
- Cut in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:18.11, Inflammation Score:-10, Nutrition Score:38.046086754488%

## 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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 67.63mg, Quercetin: 67.63mg, Quercetin: 67.63mg, Quercetin: 67.63mg

## Nutrients (% of daily need)

Calories: 658.04kcal (32.9%), Fat: 26.21g (40.33%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 74.14g (24.71%),  
Net Carbohydrates: 61.9g (22.51%), Sugar: 19.48g (21.65%), Cholesterol: 64.32mg (21.44%), Sodium: 2431.06mg  
(105.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.78g (69.55%), Vitamin C: 70.14mg (85.02%),  
Vitamin B3: 12.54mg (62.69%), Vitamin A: 2733.87IU (54.68%), Vitamin K: 57.23µg (54.51%), Folate: 215.67µg  
(53.92%), Vitamin B6: 1.04mg (52.02%), Phosphorus: 505.98mg (50.6%), Fiber: 12.24g (48.95%), Manganese:  
0.92mg (46.2%), Vitamin B1: 0.69mg (46.14%), Selenium: 31.89µg (45.56%), Calcium: 438.26mg (43.83%),  
Potassium: 1233.28mg (35.24%), Zinc: 4.92mg (32.8%), Iron: 5.87mg (32.62%), Vitamin B2: 0.52mg (30.51%),  
Vitamin B12: 1.62µg (27%), Magnesium: 91.93mg (22.98%), Copper: 0.4mg (19.85%), Vitamin B5: 1.7mg (17.01%),  
Vitamin E: 1.87mg (12.5%)