



Roast Beef Wraps

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 8-inch flour tortillas ()
- 2 tablespoons green onions finely chopped
- 0.3 cup cream cheese light
- 1.5 tablespoons horseradish mustard
- 0.5 pound pan drippings from roast beef preferably lean very thinly sliced
- 7 ounce roasted bell peppers red drained chopped
- 4 romaine lettuce leaves

Equipment

baking paper

plastic wrap

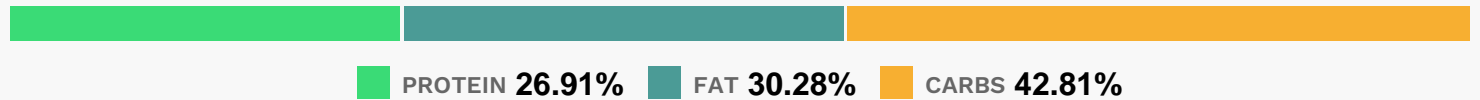
Directions

Combine first 3 ingredients; spread evenly over tortillas.

Sprinkle red bell pepper over cheese mixture. Top evenly with roast beef and lettuce.

Roll up tightly, cut each roll in half, and wrap in parchment paper or plastic wrap. Refrigerate.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:8.02, Inflammation Score:-9, Nutrition Score:21.135217178127%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 282.38kcal (14.12%), Fat: 9.55g (14.69%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 27.08g (9.85%), Sugar: 3.54g (3.93%), Cholesterol: 43.12mg (14.37%), Sodium: 2044.26mg (88.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Vitamin C: 50.29mg (60.96%), Vitamin A: 2841.08IU (56.82%), Vitamin K: 38.89µg (37.03%), Vitamin B3: 6.9mg (34.5%), Calcium: 298.1mg (29.81%), Phosphorus: 270.4mg (27.04%), Folate: 105.23µg (26.31%), Selenium: 18.16µg (25.95%), Vitamin B1: 0.33mg (22.33%), Iron: 3.88mg (21.55%), Manganese: 0.42mg (20.8%), Vitamin B12: 1.15µg (19.13%), Vitamin B6: 0.38mg (19.03%), Zinc: 2.63mg (17.55%), Vitamin B2: 0.29mg (17.08%), Fiber: 3.29g (13.15%), Potassium: 430.22mg (12.29%), Magnesium: 37.4mg (9.35%), Copper: 0.18mg (9.19%), Vitamin B5: 0.5mg (5%)