



Roast Beef Wraps with Maille® Old Style Mustard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado sliced in 1/2-inch wide strips
- 4 cornichons sliced in half lengthwise maille®
- 2 tablespoons mustard old style maille®
- 4 slices roast beef rare cooked
- 4 servings salt and pepper black freshly ground
- 2 teaspoons sesame oil
- 2 teaspoons soya sauce

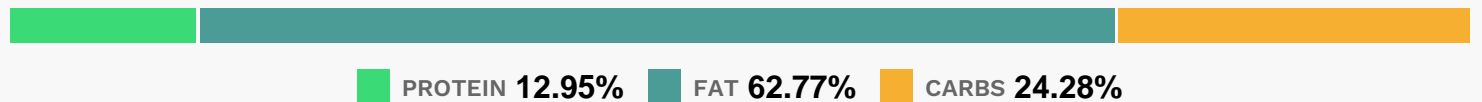
- 4 tortilla wraps
- 0.5 cup whipping cream

Equipment

Directions

- Mix the soy sauce and the sesame oil together and cover each slice of roast beef with a brush. Season roast beef with ground pepper.
- Maille® Old Style mustard cream: Whip the whipping cream to make it rise. Then mix in Maille® Old Style mustard and season with salt and pepper.
- Generously cover the inside of tortilla wraps with Maille® Old Style mustard cream.
- Lay in the center of each tortilla one slice of roast beef.
- Add the avocado and Maille® cornichons on top of the meat.
- Roll it up tightly together.
- Cut the wrap in the middle at an angle.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:5.11, Inflammation Score:-6, Nutrition Score:12.833043347234%

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

Nutrients (% of daily need)

Calories: 331.37kcal (16.57%), Fat: 23.77g (36.56%), Saturated Fat: 9.43g (58.94%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 15.89g (5.78%), Sugar: 2.48g (2.76%), Cholesterol: 49.58mg (16.53%), Sodium: 915.93mg (39.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.07%), Vitamin B3: 4.46mg (22.31%), Vitamin C: 17.84mg (21.63%), Fiber: 4.8g (19.2%), Folate: 73.73µg (18.43%), Selenium: 12.24µg (17.48%), Phosphorus: 171.52mg (17.15%), Calcium: 153.63mg (15.36%), Vitamin B2: 0.25mg (14.71%), Vitamin B1: 0.22mg (14.61%), Manganese:

0.28mg (14.21%), Vitamin B6: 0.28mg (14.04%), Vitamin K: 14.68µg (13.98%), Iron: 2.19mg (12.15%), Potassium: 407.04mg (11.63%), Zinc: 1.63mg (10.83%), Vitamin A: 518.47IU (10.37%), Vitamin B5: 0.94mg (9.43%), Vitamin E: 1.37mg (9.13%), Vitamin B12: 0.52µg (8.73%), Magnesium: 34.15mg (8.54%), Copper: 0.16mg (8.07%), Vitamin D: 0.48µg (3.17%)