



Roll-your-own fajitas

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground coriander
- ☐ 1 pinch ground pepper
- ☐ 2 tbsp vegetable oil
- ☐ 1 onion halved sliced
- ☐ 3 bell pepper red cut into strips
- ☐ 300 g rump steak sliced
- ☐ 1 small handful cilantro leaves fresh

- ☐ 8 wrap
- ☐ 100 g cheddar cheese grated
- ☐ 1 tubs cup heavy whipping cream sour

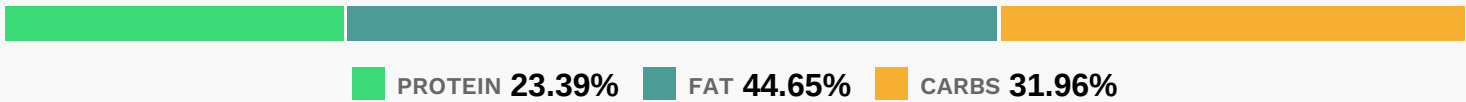
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the cumin, coriander and cayenne with some salt and pepper, then set aside.
- ☐ Heat half the oil in a frying pan, then throw in the onion, peppers and half the spice mix. Cook for about 3 mins. Tip the vegetables into a bowl.
- ☐ Place pan back on the heat with remaining oil, then fry the steak and remaining spice mix together for 4 mins until cooked through. Tip the steak into a separate bowl, garnishing with coriander.
- ☐ Heat the wraps. Bring everything to the table and let everyone help themselves.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:11.24, Inflammation Score:-10, Nutrition Score:29.594347964162%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 488.76kcal (24.44%), Fat: 24.34g (37.44%), Saturated Fat: 9.02g (56.36%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 34.24g (12.45%), Sugar: 7.26g (8.07%), Cholesterol: 71.03mg (23.68%), Sodium: 655.05mg (28.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.37%), Vitamin C: 116.83mg (141.61%), Vitamin A: 3139.73IU (62.79%), Selenium: 40.11µg (57.3%), Vitamin B3: 9.21mg (46.07%), Phosphorus:

432.4mg (43.24%), Vitamin B6: 0.8mg (40.13%), Calcium: 314.49mg (31.45%), Zinc: 4.71mg (31.38%), Folate: 118.44µg (29.61%), Vitamin B1: 0.42mg (28.33%), Vitamin B2: 0.45mg (26.54%), Iron: 4.71mg (26.19%), Manganese: 0.5mg (25%), Vitamin K: 26.07µg (24.82%), Fiber: 4.96g (19.83%), Vitamin B12: 1.16µg (19.3%), Potassium: 614.45mg (17.56%), Vitamin E: 2.47mg (16.5%), Magnesium: 57.61mg (14.4%), Vitamin B5: 1.01mg (10.14%), Copper: 0.17mg (8.56%), Vitamin D: 0.23µg (1.53%)