



Sack Lunch: Beef and Mango Wraps and Black Bean Relish

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds top round beef roast (or other)
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 4 servings coarse salt
- ☐ 1 tablespoon dijon mustard
- ☐ 0.8 teaspoon thyme dried
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 mangos peeled cut into 1/2-inch-wide strips
- ☐ 1 tablespoon olive oil
- ☐ 4 servings bell pepper
- ☐ 1 bell pepper red halved lengthwise seeded thin
- ☐ 0.5 medium onion red finely chopped
- ☐ 4 servings salt
- ☐ 5 ounces pkt spinach dried washed trimmed well
- ☐ 4 10-inch tortillas whole wheat ()

Equipment

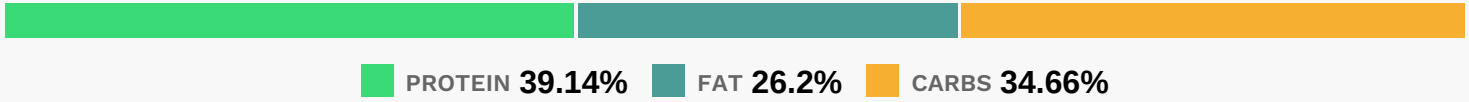
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Put the roast on a small sheet pan or baking dish, rub with 1 tablespoon olive oil, 1 1/2 teaspoons salt, 1/2 teaspoon pepper, and thyme (if using). When the oven is hot, roast 40–50 minutes, until the meat is tender and an instant-read thermometer inserted into its thickest part registers 130°F (for medium rare).
- ☐ Let meat cool. Store in an airtight container.
- ☐ When you're ready to make the wraps, slice the roast beef as thin as you like.
- ☐ Whisk together the mustard, lime juice, and remaining tablespoon olive oil; season with salt and pepper. Toss the onion, bell pepper, and mango with this dressing and set aside.
- ☐ Line each tortilla with spinach, leaving a 1-inch border all around. Arrange beef slices down the center of each wrap and top the beef with the mango-vegetable mixture.
- ☐ Drizzle any extra dressing over the wraps.
- ☐ Fold in the opposite sides of each wrap and roll up tightly.

- ☐ Black Bean Relish
- ☐ - serves 4 as a side dish -
- ☐ Toss all ingredients together in a bowl. I like this with a big dash of cumin and with minced garlic instead of onion.

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:59.329999840778%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 804.28kcal (40.21%), Fat: 23.36g (35.94%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 69.54g (23.18%), Net Carbohydrates: 53.14g (19.32%), Sugar: 15.53g (17.25%), Cholesterol: 175.77mg (58.59%), Sodium: 1466.62mg (63.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.53g (157.07%), Vitamin C: 169.56mg (205.53%), Vitamin K: 199.72µg (190.21%), Vitamin A: 7434.91IU (148.7%), Vitamin B6: 2.37mg (118.63%), Selenium: 82.08µg (117.25%), Vitamin B3: 21.54mg (107.7%), Vitamin B12: 5.24µg (87.41%), Zinc: 12.95mg (86.32%), Phosphorus: 787.43mg (78.74%), Fiber: 16.4g (65.6%), Iron: 11.45mg (63.62%), Folate: 247.28µg (61.82%), Potassium: 1855.76mg (53.02%), Vitamin B2: 0.77mg (45.35%), Manganese: 0.82mg (41.11%), Magnesium: 156.17mg (39.04%), Vitamin B1: 0.53mg (35.32%), Copper: 0.62mg (31.21%), Vitamin E: 4.33mg (28.89%), Calcium: 276.66mg (27.67%), Vitamin B5: 1.95mg (19.47%)