



Savory Beef-and-Cheese Rollups

READY IN



45 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 10 ounce vegetable spreadable cheese soft
- ☐ 4 10-inch flour tortillas ()
- ☐ 8 lettuce leaves
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 pound pan drippings from roast beef preferably thinly sliced

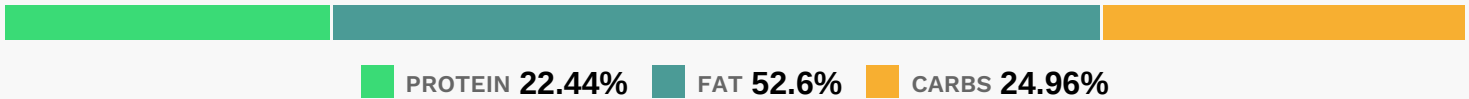
Equipment

- ☐ plastic wrap

Directions

- ☐ Spread vegetable-flavored cheese evenly over 1 side of each tortilla; top each evenly with carrot, Monterey Jack cheese, lettuce, and roast beef, leaving a 1/2-inch border around edges.
- ☐ Roll up tortillas tightly, and wrap in plastic wrap. Refrigerate up to 8 hours.
- ☐ Unwrap rollups, and cut in half before serving.
- ☐ Note: For spreadable cheese, we used Rondel.

Nutrition Facts



Properties

Glycemic Index:26.96, Glycemic Load:11.99, Inflammation Score:-10, Nutrition Score:31.227391185968%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 722.85kcal (36.14%), Fat: 42.88g (65.97%), Saturated Fat: 22.7g (141.87%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 41.96g (15.26%), Sugar: 4.74g (5.26%), Cholesterol: 166.91mg (55.64%), Sodium: 2812.64mg (122.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.31%), Vitamin A: 9117.85IU (182.36%), Vitamin C: 61.56mg (74.61%), Calcium: 659.04mg (65.9%), Vitamin B3: 12.05mg (60.26%), Phosphorus: 514.05mg (51.41%), Selenium: 27.64µg (39.48%), Zinc: 5.49mg (36.59%), Vitamin B12: 2.16µg (36.05%), Vitamin B1: 0.48mg (31.77%), Iron: 5.65mg (31.41%), Vitamin B6: 0.61mg (30.47%), Vitamin B2: 0.51mg (30.24%), Manganese: 0.56mg (28.01%), Folate: 105.54µg (26.39%), Potassium: 623.5mg (17.81%), Fiber: 3.83g (15.3%), Magnesium: 56.95mg (14.24%), Vitamin K: 9.97µg (9.5%), Copper: 0.18mg (8.78%), Vitamin B5: 0.6mg (6.02%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.17µg (1.13%)