



Sesame beef wraps



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp vegetable oil
- ☐ 175 g fat-trimmed beef flank steak cut into thin strips
- ☐ 1 bell pepper red deseeded thinly sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 1 piece ginger fresh thinly sliced cut into matchsticks
- ☐ 1 tbsp sesame seed
- ☐ 2 tbsp soya sauce
- ☐ 2 peas

☐ 1 tsp sesame oil

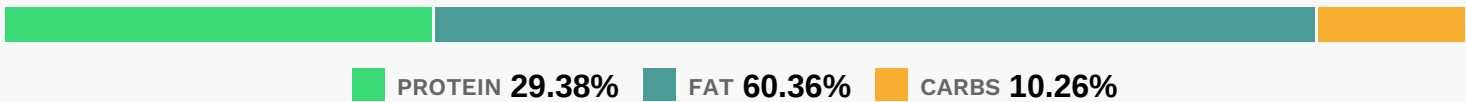
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large frying pan. When the pan is really hot, tip in the beef and pepper, then cook for a few mins until lightly browned and the beef is cooked through. Tip in the garlic, ginger and sesame seeds, then cook for 1–2 mins more, stirring often until they start to turn golden.
- ☐ Pour over the soy sauce and 2 tbsp water, let it bubble down a bit until it starts to look syrupy, then drizzle with the sesame oil. Separate the leaves from the lettuces and arrange on a plate. Spoon a little of the beef mixture into each leaf, drizzle with pan juices and serve warm.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:6.5482608598212%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 93.97kcal (4.7%), Fat: 6.45g (9.92%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.99g (1.1%), Cholesterol: 17.79mg (5.93%), Sodium: 351.62mg (15.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.13%), Vitamin C: 25.89mg (31.38%), Vitamin A: 628.13IU (12.56%), Zinc: 1.71mg (11.38%), Selenium: 7.86µg (11.22%), Vitamin B6: 0.21mg (10.64%), Vitamin B3: 1.95mg (9.75%), Vitamin B12: 0.48µg (8.07%), Phosphorus: 66.68mg (6.67%), Vitamin B2: 0.1mg (5.96%), Manganese: 0.11mg (5.49%), Iron: 0.98mg (5.43%), Copper: 0.1mg (5.08%), Potassium: 149.42mg (4.27%), Magnesium: 17.03mg (4.26%), Vitamin B1: 0.05mg (3.66%), Folate: 12.91µg (3.23%), Vitamin K: 2.99µg (2.85%), Fiber: 0.7g (2.82%), Vitamin E: 0.39mg (2.62%), Calcium: 21.33mg (2.13%)