



WHATSheATE



Sliced Filet Mignon Wrap with Pear-Onion Relish and Blue-Cheese Dressing

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 2 filet mignon steaks thick (each 1 in. ; 1 lb. total)
- ☐ 0.3 cup mayonnaise
- ☐ 1 pears diced ripe peeled
- ☐ 1 teaspoon salt and pepper

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 cups spinach leaves loosely packed
- ☐ 1 tablespoon sugar
- ☐ 1 onion diced sweet
- ☐ 4 tortillas whole-wheat

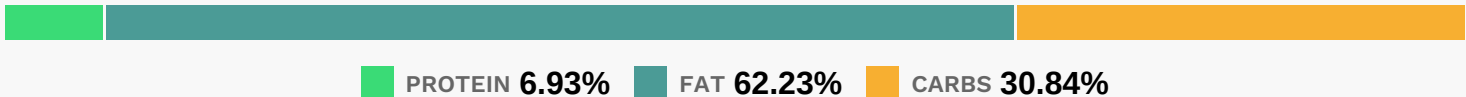
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Melt butter in a medium frying pan over medium heat.
- ☐ Add onion and pear. Cook, stirring occasionally, until soft, about 5 minutes.
- ☐ Sprinkle with sugar, turn heat to low, and cook until light brown, about 10 minutes. In a small bowl, combine mayonnaise, sour cream, and blue cheese.
- ☐ Salt and pepper both sides of the steaks.
- ☐ Heat a large frying pan (not nonstick) over medium-high heat.
- ☐ Add the oil, let heat until rippling, and put in steaks. Cook steaks until they can be turned easily, about 4 minutes. Turn over and cook 4 to 6 minutes.
- ☐ Transfer to a cutting board and let rest 10 minutes.
- ☐ Meanwhile, wipe oil from frying pan and warm tortillas, one at a time, over low heat.
- ☐ Thinly slice steaks.
- ☐ Spread about 2 tbsp. blue-cheese dressing on each tortilla, leaving a 1-in. margin on all sides. Top each with 1/2 cup spinach leaves, 1/4 of the steak slices, and 2 tbsp. onion-pear relish. Fold bottom inch of tortillas over fillings and fold over sides to form wraps.

Nutrition Facts



Properties

Glycemic Index:74.96, Glycemic Load:8.96, Inflammation Score:-9, Nutrition Score:15.545652283275%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg, Quercetin: 12.98mg

Nutrients (% of daily need)

Calories: 413.47kcal (20.67%), Fat: 29.1g (44.77%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 28.94g (10.52%), Sugar: 13.31g (14.79%), Cholesterol: 40.04mg (13.35%), Sodium: 1122.49mg (48.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin K: 103.18µg (98.26%), Vitamin A: 1800.24IU (36%), Folate: 86.32µg (21.58%), Manganese: 0.37mg (18.62%), Calcium: 171.76mg (17.18%), Phosphorus: 167.23mg (16.72%), Selenium: 10.3µg (14.71%), Vitamin B1: 0.21mg (14.04%), Fiber: 3.5g (14.02%), Vitamin B2: 0.22mg (13.23%), Vitamin C: 10.23mg (12.4%), Vitamin E: 1.7mg (11.32%), Iron: 1.88mg (10.46%), Vitamin B6: 0.2mg (9.91%), Potassium: 330.21mg (9.43%), Vitamin B3: 1.78mg (8.89%), Magnesium: 34.01mg (8.5%), Copper: 0.15mg (7.26%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.49mg (4.87%), Vitamin B12: 0.23µg (3.86%)