



Southwestern Roast Beef Wraps

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup corn kernels frozen thawed
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 3 ounces monterrey jack cheese shredded
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 tablespoons onion red minced
- 16 ounce refried beans reduced-fat canned

- 9 ounces roast beef lean
- 0.1 teaspoon salt
- 11.2 ounce tortillas light whole-wheat stone-ground

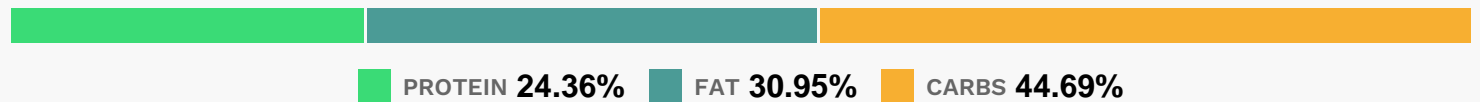
Equipment

- bowl
- aluminum foil
- wax paper

Directions

- Combine first 6 ingredients in a bowl, stirring with a spoon.
- Add corn and cilantro; toss until coated.
- Spread refried beans on 1 side of each wrap. Top wraps evenly with beef. Spoon corn mixture evenly over beef, and sprinkle evenly with cheese.
- Roll up wraps, and wrap in foil or wax paper. Refrigerate until thoroughly chilled.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:10.228260955085%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 350.05kcal (17.5%), Fat: 12.03g (18.5%), Saturated Fat: 4.79g (29.92%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 31.68g (11.52%), Sugar: 5.77g (6.41%), Cholesterol: 36.85mg (12.28%), Sodium: 1594.55mg (69.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.6%), Calcium: 348.8mg (34.88%), Fiber: 7.39g (29.55%), Vitamin C: 21.69mg (26.29%), Iron: 3.18mg (17.68%), Vitamin B3: 3.48mg (17.4%), Phosphorus:

160.79mg (16.08%), Vitamin B12: 0.84µg (14.01%), Zinc: 2.07mg (13.82%), Vitamin B6: 0.2mg (10.01%), Vitamin B2: 0.14mg (8.02%), Selenium: 5.11µg (7.3%), Vitamin K: 6.01µg (5.73%), Vitamin A: 278.94IU (5.58%), Potassium: 187.86mg (5.37%), Folate: 18.52µg (4.63%), Magnesium: 18.07mg (4.52%), Manganese: 0.06mg (3.13%), Vitamin E: 0.45mg (2.99%), Vitamin B5: 0.27mg (2.73%), Copper: 0.05mg (2.55%), Vitamin B1: 0.04mg (2.41%)