



Southwestern Steak, Corn, and Black Bean Wraps

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 15 ounce black beans rinsed drained canned
- 1 cup corn kernels frozen thawed
- 1 tablespoon olive oil extravirgin
- 9 ounces flank steak chopped
- 6 8-inch flour tortilla fat-free ()
- 0.5 cup cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin

- 2 tablespoons juice of lime fresh
- 3 ounces monterrey jack cheese shredded with jalapeño peppers
- 2 tablespoons onion red minced
- 0.1 teaspoon salt

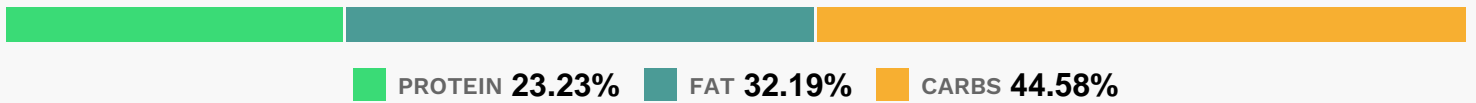
Equipment

- aluminum foil
- wax paper

Directions

- Combine first 9 ingredients, stirring well to coat.
- Arrange about 1/3 cup Basic Grilled Flank Steak down center of each tortilla. Top each tortilla with about 1/3 cup corn mixture and 2 tablespoons cheese; roll up. Wrap sandwiches in aluminum foil or wax paper, and chill.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:8.07, Inflammation Score:-6, Nutrition Score:17.00782598879%

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

Nutrients (% of daily need)

Calories: 374.24kcal (18.71%), Fat: 13.42g (20.65%), Saturated Fat: 5.53g (34.54%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 34.45g (12.53%), Sugar: 3.42g (3.8%), Cholesterol: 38.13mg (12.71%), Sodium: 860.76mg (37.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.57%), Selenium: 27.1µg (38.72%), Phosphorus: 346.22mg (34.62%), Fiber: 7.36g (29.46%), Vitamin B3: 5.66mg (28.31%), Folate: 111.35µg (27.84%), Vitamin B1: 0.4mg (26.89%), Manganese: 0.48mg (23.82%), Iron: 4.19mg (23.29%), Calcium: 218.91mg (21.89%), Vitamin B2: 0.36mg (21.28%), Zinc: 2.82mg (18.8%), Vitamin B6: 0.36mg (17.82%), Potassium: 495.84mg (14.17%),

Magnesium: 54.52mg (13.63%), Copper: 0.24mg (12.07%), Vitamin K: 10.2µg (9.71%), Vitamin B12: 0.5µg (8.41%),
Vitamin B5: 0.63mg (6.27%), Vitamin C: 4.47mg (5.42%), Vitamin A: 219.02IU (4.38%), Vitamin E: 0.57mg (3.81%)