



 **100%**
HEALTH SCORE

Steak & Asparagus Wraps

 Dairy Free  Very Healthy

READY IN



61 min.

SERVINGS



1

CALORIES



1596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb asparagus spears trimmed
- 1 lb beef sirloin steak boneless
- 6 6-inch flour tortillas cut into 5 strips each ()
- 0.5 cup a.1. classic marinade

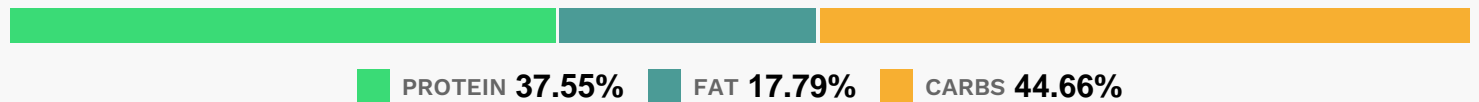
Equipment

- toothpicks
- grill
- ziploc bags

Directions

- Pour marinade over steak in resealable plastic bag. Seal bag; turn to evenly coat steak with dressing. Refrigerate at least 30 min. to marinate. Meanwhile, preheat grill to medium heat.
- Remove steak from marinade; discard bag and marinade.
- Grill steak 13 to 16 min. or until medium doneness (160F), turning occasionally. Meanwhile, steam asparagus 8 to 10 min. or until crisp-tender.
- Cut steak into thin strips.
- Place 1 to 2 steak strips and about 2 asparagus spears on each tortilla strip; roll up. Secure with frilled toothpicks or red bell pepper ties, if desired.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:35.84, Inflammation Score:-10, Nutrition Score:86.341739156972%

Flavonoids

Isorhamnetin: 77.56mg, Isorhamnetin: 77.56mg, Isorhamnetin: 77.56mg, Isorhamnetin: 77.56mg Kaempferol: 18.91mg, Kaempferol: 18.91mg, Kaempferol: 18.91mg, Kaempferol: 18.91mg Quercetin: 190.24mg, Quercetin: 190.24mg, Quercetin: 190.24mg, Quercetin: 190.24mg

Nutrients (% of daily need)

Calories: 1596.17kcal (79.81%), Fat: 32.07g (49.34%), Saturated Fat: 11.73g (73.3%), Carbohydrates: 181.15g (60.38%), Net Carbohydrates: 146.27g (53.19%), Sugar: 65.11g (72.35%), Cholesterol: 267.62mg (89.21%), Sodium: 3840.46mg (166.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 152.28g (304.55%), Vitamin K: 584.03µg (556.22%), Selenium: 211.14µg (301.63%), Vitamin B3: 50.61mg (253.04%), Iron: 42.96mg (238.65%), Folate: 935.77µg (233.94%), Vitamin B1: 3.19mg (212.77%), Vitamin B6: 4.19mg (209.65%), Vitamin A: 10287.47IU (205.75%), Phosphorus: 2035.48mg (203.55%), Zinc: 26.45mg (176.31%), Vitamin B2: 2.97mg (174.74%), Copper: 3.11mg (155.42%), Manganese: 3.09mg (154.46%), Fiber: 34.88g (139.51%), Potassium: 4658.81mg (133.11%), Vitamin E: 16.65mg (110.98%), Vitamin C: 76.2mg (92.37%), Magnesium: 334.43mg (83.61%), Vitamin B12: 4.26µg (71.06%), Vitamin B5: 6.99mg (69.9%), Calcium: 689.18mg (68.92%)