



Steak Wraps with Blue Cheese and Caramelized Onions

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 1 cup cannellini beans beans white drained
- 1 cup rice long-grain cooked
- 0.3 cup less-sodium chicken broth fat-free
- 6 ounces blackened grilled flank steak
- 4 8-inch flour tortillas fat-free ()

- 1 teaspoon olive oil
- 5 cups onion thinly sliced (2)
- 4 cups romaine lettuce chopped
- 0.1 teaspoon salt
- 1 teaspoon sugar

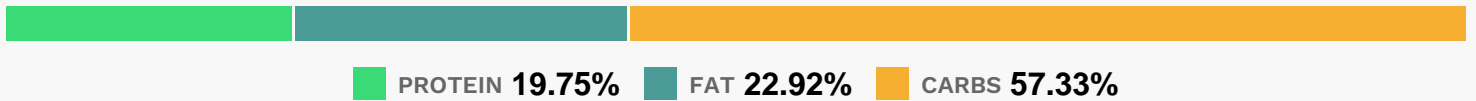
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion, pepper, and salt; cook 5 minutes, stirring occasionally.
- Add broth; cook 5 minutes or until liquid evaporates. Stir in vinegar and sugar; cook 5 minutes.
- Add Blackened Grilled Flank Steak to pan; cook 3 minutes or until thoroughly heated. Set steak mixture aside; keep warm.
- Mash beans with a fork until smooth. Warm tortillas according to package directions.
- Spread 1/4 cup beans over each tortilla, leaving a 1-inch border. Top each tortilla with 1 cup lettuce, 1/4 cup rice, and 2 tablespoons cheese. Divide steak mixture evenly among tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:87.27, Glycemic Load:25.53, Inflammation Score:-10, Nutrition Score:25.872173567181%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 41.63mg, Quercetin: 41.63mg, Quercetin: 41.63mg, Quercetin: 41.63mg

Nutrients (% of daily need)

Calories: 456.53kcal (22.83%), Fat: 11.75g (18.08%), Saturated Fat: 5.29g (33.09%), Carbohydrates: 66.15g (22.05%), Net Carbohydrates: 57.65g (20.96%), Sugar: 13.24g (14.71%), Cholesterol: 36.15mg (12.05%), Sodium: 801.87mg (34.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.79g (45.59%), Vitamin A: 4206.54IU (84.13%), Vitamin K: 54.3µg (51.72%), Selenium: 30.45µg (43.5%), Folate: 161.84µg (40.46%), Manganese: 0.8mg (40.17%), Fiber: 8.51g (34.02%), Phosphorus: 338.18mg (33.82%), Vitamin B6: 0.62mg (31.24%), Vitamin B1: 0.43mg (28.41%), Vitamin B3: 5.66mg (28.32%), Calcium: 253.89mg (25.39%), Iron: 4.57mg (25.38%), Vitamin C: 16.68mg (20.22%), Vitamin B2: 0.34mg (20.05%), Zinc: 2.93mg (19.52%), Potassium: 681.88mg (19.48%), Magnesium: 56.47mg (14.12%), Copper: 0.22mg (11.21%), Vitamin B5: 1.08mg (10.82%), Vitamin B12: 0.59µg (9.8%), Vitamin E: 0.42mg (2.81%)