



Stir-fry chilli beef wraps

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 g fat-trimmed beef flank steak thin-cut very thinly sliced
- ☐ 1 tsp chili powder
- ☐ 2 pinches ground cumin good
- ☐ 2 garlic clove finely chopped
- ☐ 2 tsp unrefined sunflower oil
- ☐ 1 bell pepper yellow deseeded sliced quartered
- ☐ 1 onion red thinly sliced
- ☐ 2 tomatoes chopped

- ☐ 400 g black bean garlic sauce drained canned
- ☐ 1 handful cilantro leaves fresh good
- ☐ 4 tortillas soft

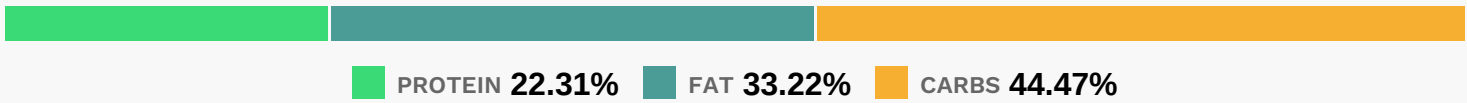
Equipment

- ☐ bowl
- ☐ wok

Directions

- ☐ Put the steak in a bowl with the spices and garlic, and stir well. If you have time, leave to marinate for a couple of hrs.
- ☐ Heat the oil in a wok, then tip in the beef and fry for just 1–2 mins, until it changes colour but is still on the rare side.
- ☐ Remove the beef to a plate.
- ☐ Add the pepper and half the onion, and stir-fry in the juices add a splash of water to get things going and stop it burning. Stir in the tomatoes and beans, and heat through with plenty of seasoning, then stir in most of the coriander.
- ☐ Meanwhile, heat the tortillas. The best way is directly on the gas flame, as it gives them a lovely charred flavour. Stir the beef into the beans and heat briefly.
- ☐ Serve with the tortillas and the reserved onion and coriander.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:12.06, Inflammation Score:-9, Nutrition Score:30.084782683331%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg

0.36mg, Myricetin: 0.36mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg

Nutrients (% of daily need)

Calories: 709.21kcal (35.46%), Fat: 26.49g (40.75%), Saturated Fat: 7.04g (44%), Carbohydrates: 79.78g (26.59%), Net Carbohydrates: 62.62g (22.77%), Sugar: 30.82g (34.24%), Cholesterol: 45.75mg (15.25%), Sodium: 521.39mg (22.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.03g (80.05%), Vitamin C: 131.67mg (159.6%), Fiber: 17.16g (68.64%), Iron: 9.29mg (51.63%), Selenium: 32.9µg (47.01%), Vitamin B3: 7.89mg (39.47%), Manganese: 0.69mg (34.61%), Vitamin A: 1704.14IU (34.08%), Vitamin B6: 0.67mg (33.59%), Vitamin B1: 0.47mg (31.48%), Zinc: 4.72mg (31.47%), Phosphorus: 305.94mg (30.59%), Folate: 104.83µg (26.21%), Vitamin B2: 0.42mg (24.94%), Potassium: 840.6mg (24.02%), Vitamin K: 23.36µg (22.24%), Vitamin E: 3.12mg (20.83%), Vitamin B12: 1.25µg (20.75%), Copper: 0.31mg (15.71%), Magnesium: 62.06mg (15.52%), Calcium: 144.88mg (14.49%), Vitamin B5: 0.42mg (4.17%)