



Thai Beef Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

Ingredients

- ☐ 0.5 cup baby carrots
- ☐ 2 cups boston lettuce
- ☐ 1 tablespoon bottled garlic minced
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 teaspoons fish sauce
- ☐ 4 8-inch flour tortilla ()
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon ground ginger fresh (such as Spice World)
- ☐ 1.5 tablespoons juice of lime fresh

- ☐ 12 ounces pan drippings from roast beef preferably thinly sliced
- ☐ 0.8 teaspoon sugar

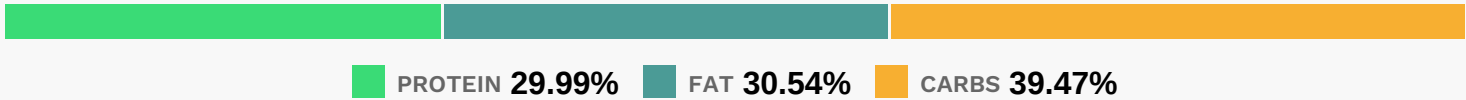
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring well with a whisk.
- ☐ Place tortillas on a work surface; brush lightly with 2 teaspoons juice mixture. Arrange 1/2 cup lettuce on each tortilla; top each with 3 ounces beef.
- ☐ Combine carrots and mint; arrange about 3 tablespoons carrot mixture over each serving.
- ☐ Drizzle each serving with about 1 tablespoon of remaining juice mixture; roll up.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:8.83, Inflammation Score:-9, Nutrition Score:23.107825859733%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 315kcal (15.75%), Fat: 10.73g (16.51%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 28.18g (10.25%), Sugar: 3.92g (4.36%), Cholesterol: 48.48mg (16.16%), Sodium: 1906.54mg (82.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.71g (47.42%), Vitamin A: 3157.76IU (63.16%), Vitamin C: 43.39mg (52.59%), Vitamin B3: 9.02mg (45.12%), Manganese: 0.86mg (42.85%), Calcium: 343.6mg (34.36%), Vitamin K: 31.33µg (29.84%), Phosphorus: 292.82mg (29.28%), Selenium: 18.88µg (26.97%), Iron: 4.57mg (25.4%), Vitamin B12: 1.46µg (24.34%), Vitamin B6: 0.48mg (23.98%), Zinc: 3.55mg (23.66%), Vitamin B1: 0.33mg

(21.73%), Folate: 83.82µg (20.96%), Vitamin B2: 0.29mg (16.83%), Potassium: 462.08mg (13.2%), Fiber: 3.03g (12.11%), Magnesium: 45.49mg (11.37%), Copper: 0.16mg (8.11%), Vitamin B5: 0.49mg (4.89%)