



Thai Beef Salad Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 bibb lettuce leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup cherry tomato halves
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup cucumber cubed peeled
- ☐ 1 pound flank steak trimmed
- ☐ 6 10-inch flour tortillas ()

- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots thinly sliced

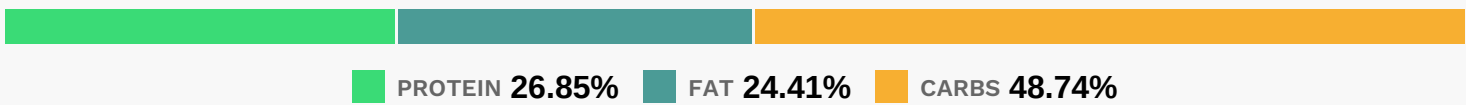
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Sprinkle the steak with salt and black pepper.
- ☐ Place steak on a grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness.
- ☐ Let rest 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Combine sliced steak, cucumber, and next 5 ingredients (through cilantro) in a large bowl.
- ☐ Combine sugar, soy sauce, juice, and red pepper.
- ☐ Drizzle over steak mixture; toss well to coat.
- ☐ Warm tortillas according to package directions. Arrange 2 lettuce leaves on each tortilla. Spoon 2/3 cup steak mixture down center of each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:11.39, Inflammation Score:-8, Nutrition Score:20.503913329995%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 356.03kcal (17.8%), Fat: 9.56g (14.71%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 39.38g (14.32%), Sugar: 8.29g (9.21%), Cholesterol: 45.36mg (15.12%), Sodium: 948.93mg (41.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.33%), Selenium: 38.43µg (54.9%), Vitamin B3: 8.14mg (40.72%), Vitamin K: 40.59µg (38.66%), Phosphorus: 336.45mg (33.65%), Vitamin B6: 0.6mg (30.01%), Vitamin B1: 0.45mg (29.78%), Folate: 110.94µg (27.73%), Manganese: 0.53mg (26.54%), Iron: 4.56mg (25.34%), Vitamin A: 1180.53IU (23.61%), Zinc: 3.51mg (23.4%), Vitamin B2: 0.34mg (19.85%), Potassium: 556.61mg (15.9%), Calcium: 146.75mg (14.68%), Fiber: 3.57g (14.27%), Magnesium: 49.35mg (12.34%), Vitamin B12: 0.69µg (11.47%), Copper: 0.18mg (9.03%), Vitamin C: 7.28mg (8.83%), Vitamin B5: 0.78mg (7.77%), Vitamin E: 0.47mg (3.11%)