



Viet-Mex Fajita Rolls



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

Ingredients

- ☐ 1 avocado peeled sliced
- ☐ 0.5 cup carrots raw
- ☐ 1 cup cilantro leaves
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 4 spring onion chopped
- ☐ 0.5 cup jicama
- ☐ 2 lime cut into wedges
- ☐ 2 pounds goat meat sliced in thin strips
- ☐ 1 head the of 1 cos lettuce washed and dried, for wrappers

- ☐ 1 cup salsa
- ☐ 1 large tomatoes chopped

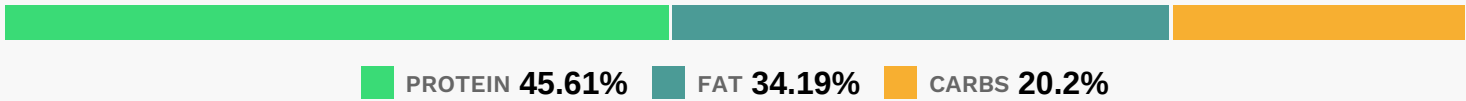
Equipment

- ☐ grill

Directions

- ☐ Put hot sliced beef on a platter surrounded by the cilantro, tomato, avocado, green onions, carrots, jicama, peanuts, and limes. Use lettuce leaves to roll up steak slices with the other ingredients.
- ☐ Drizzle with lime juice just before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The Tex-Mex Grill and Backyard Barbacoa Cookbook by Robb Walsh. Copyright © 201

Nutrition Facts



Properties

Glycemic Index:58.96, Glycemic Load:2.46, Inflammation Score:-10, Nutrition Score:46.251739056214%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 472.97kcal (23.65%), Fat: 18.58g (28.59%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 12.9g (4.69%), Sugar: 7.8g (8.67%), Cholesterol: 145.15mg (48.38%), Sodium: 763.43mg (33.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.78g (111.55%), Vitamin A: 17546.25IU (350.93%), Vitamin K: 217.34µg (207%), Vitamin B3: 27.74mg (138.72%), Vitamin B6: 2.17mg (108.72%), Selenium: 75.04µg

(107.2%), Folate: 301.37µg (75.34%), Phosphorus: 637.3mg (63.73%), Potassium: 1979.46mg (56.56%), Fiber: 11.79g (47.15%), Vitamin C: 38.79mg (47.01%), Vitamin B5: 4.62mg (46.21%), Manganese: 0.76mg (37.99%), Magnesium: 134.85mg (33.71%), Vitamin B2: 0.47mg (27.7%), Vitamin B1: 0.39mg (26.21%), Iron: 3.83mg (21.29%), Vitamin E: 3.13mg (20.89%), Copper: 0.42mg (20.85%), Zinc: 2.55mg (17.03%), Calcium: 130.49mg (13.05%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.23µg (1.51%)