



Steak and Cheddar Wraps

These wraps are a perfect way to use up leftover steak for lunch or dinner. Very quick to make and fun to eat, enjoy them alongside a spinach salad with balsamic vinaigrette.

Prep: 10 minutes • Total: 10 minutes

Ingredients:

Whole wheat wraps	4 each	4 each
Steak strips, cooked	12 oz	340 g
Cheddar cheese, grated	¾ cup	180 mL
Tomato, sliced	½ each	½ each
Onion, sliced	¼ cup	60 mL
Romaine lettuce	1 cup	250 mL
Light ranch dressing	4 Tbsp	60 mL
Dijon mustard	2 Tbsp	30 mL

Directions:

1. Arrange steak in the centre/back of each wrap.
2. Sprinkle with cheddar and top with desired vegetables.
3. Drizzle ranch dressing and Dijon mustard on top.
4. Roll up and enjoy!

Nutrition Facts

Serving Size (207g)		Servings Per Container	
Amount Per Serving			
Calories 330	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 680mg			28%
Total Carbohydrate 28g			9%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 29g			
Vitamin A 0%		Vitamin C 6%	
Calcium 10%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

*Adapted from:
NutritionRx in partnership with
Chef Lindsay Sferrazza*

Makes 4 servings (207 g / serving) • 1 serving = 1 wrap

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