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Steak Philly Reduced-Carb Tortilla Wrap ♦♦

This recipe is a reduced-carb version of the classic Steak Philly sandwich. It features tender steak, sautéed onions and peppers, and melted cheese, all wrapped in a low-carb tortilla. It's a delicious and satisfying meal that's perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	steak
100 g	onion
100 g	bell pepper
100 g	Cheese

200 g	low-carb tortilla
2 tsp	Olive oil
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Cutting

Slice the steak into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the onion and bell pepper into thin strips.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Heat olive oil in a pan over medium heat. Add the steak, onion, and bell pepper. Season with salt and pepper. Cook until the steak is browned and the vegetables are tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Heating

Warm the low-carb tortillas in a separate pan or in the oven.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Assembly

Place the steak, onion, and bell pepper mixture onto the warmed tortillas. Top with cheese. Roll up the tortillas tightly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Slice the wraps in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Picnic

Cuisines

Italian French American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes

Meal Type

Lunch

Supper

Difficulty Level

Medium

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