






 **74%**
HEALTH SCORE

Acapulco Fillet

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

2

CALORIES

381 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 12 ounce beef tenderloin steaks
- 2 servings cilantro leaves fresh
- 2 6-inch corn tortillas ()
- 2 servings sauce
- 3 jalapeno halved seeded
- 1 medium onion
- 2 servings pico de gallo
- 2 servings salsa sweet

- 1 small tomatoes
- 1 bell pepper yellow halved

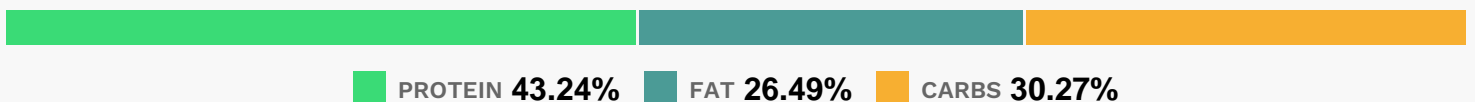
Equipment

- grill

Directions

- Cut a thin slice from top and bottom of onion and tomato; discard.
- Cut onion and tomato into 2 slices.
- Grill onion, steaks, and peppers, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) for 7 to 10 minutes, turning after 7 minutes.
- Add tomato, and grill, turning occasionally, 3 minutes.
- Add tortillas, and grill 1 minute on each side or until crisp.
- Remove vegetables and tortillas; remove steaks (medium-rare), or continue grilling to desired degree of doneness.
- Place tortillas on individual serving plates; top evenly with peppers, tomato, Burgundy Mole Sauce, steaks, and onion.
- Serve with Sweet Salsa and Pico de Gallo, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:89.75, Glycemic Load:6.88, Inflammation Score:-9, Nutrition Score:29.614347831063%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg, Quercetin: 13.17mg

Nutrients (% of daily need)

Calories: 380.59kcal (19.03%), Fat: 11.24g (17.29%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 24.06g (8.75%), Sugar: 7.95g (8.83%), Cholesterol: 108.86mg (36.29%), Sodium: 474.21mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.54%), Vitamin C: 146.17mg (177.17%), Selenium: 54.29µg (77.56%), Vitamin B6: 1.46mg (73.09%), Vitamin B3: 12.78mg (63.91%), Zinc: 7.46mg (49.73%), Phosphorus: 494.04mg (49.4%), Potassium: 1099.94mg (31.43%), Vitamin B12: 1.58µg (26.37%), Magnesium: 83.46mg (20.87%), Iron: 3.74mg (20.79%), Vitamin A: 980.26IU (19.61%), Fiber: 4.82g (19.29%), Manganese: 0.35mg (17.64%), Vitamin B2: 0.28mg (16.53%), Folate: 63.17µg (15.79%), Copper: 0.31mg (15.6%), Vitamin B1: 0.23mg (15.25%), Vitamin B5: 1.47mg (14.7%), Vitamin E: 2mg (13.34%), Vitamin K: 11.39µg (10.85%), Calcium: 93.77mg (9.38%)