



 **58%**
HEALTH SCORE

Ancho and Cocoa Carne Asada

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chili powder
- 0.5 teaspoon cinnamon
- 7 ounces coleslaw mix
- 1 pounds flank steak
- 64 servings flour tortilla (7-to)
- 4 servings lime wedges sour sliced
- 2 teaspoons cocoa powder unsweetened
- 1 tablespoon vegetable oil

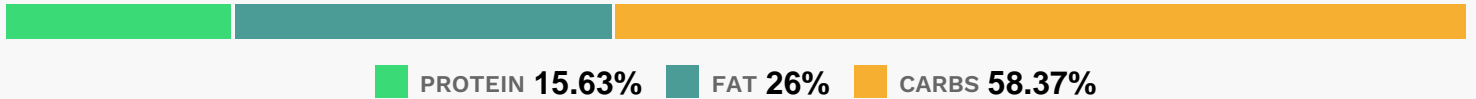
Equipment

- frying pan
- oven
- aluminum foil
- cutting board

Directions

- Preheat oven to 350°F.
- Stir together ancho powder, cocoa, and cinnamon.
- Pat steak dry and season with 3/4 teaspoon salt, then coat with spice mixture.
- Heat oil in a 12-inch nonstick skillet over medium-high heat until it shimmers, then cook steak, turning once, 8 to 9 minutes for medium-rare.
- While steak cooks, wrap tortillas in foil and warm in oven.
- Let steak rest 5 minutes on a cutting board, then thinly slice across the grain at an angle.
- Serve steak with warm tortillas and coleslaw mix.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:75.66, Inflammation Score:-9, Nutrition Score:56.444347920625%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1674.31kcal (83.72%), Fat: 47.83g (73.59%), Saturated Fat: 16.99g (106.21%), Carbohydrates: 241.59g (80.53%), Net Carbohydrates: 222.51g (80.91%), Sugar: 19.57g (21.74%), Cholesterol: 68.04mg (22.68%), Sodium: 3634.78mg (158.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.68g (129.36%), Selenium: 141.13µg (201.62%), Vitamin B1: 2.53mg (168.8%), Vitamin B3: 28.64mg (143.21%), Manganese: 2.56mg (128%), Phosphorus: 1240.77mg (124.08%), Folate: 488.09µg (122.02%), Iron: 19.85mg (110.26%), Vitamin B2: 1.52mg (89.66%), Vitamin K: 82.09µg (78.18%), Fiber: 19.08g (76.33%), Calcium: 754.53mg (75.45%), Vitamin B6: 1.07mg (53.7%), Zinc: 7.1mg (47.35%), Magnesium: 142.19mg (35.55%), Potassium: 1119.72mg (31.99%), Copper: 0.63mg (31.59%), Vitamin C: 18.47mg (22.39%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.63mg (16.29%), Vitamin A: 642.86IU (12.86%), Vitamin E: 1.45mg (9.68%)