

 **100%**
HEALTH SCORE

Beef Soft Tacos with Garlic Avocado Cream and Roasted Asparagus Salsa

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bunches asparagus fresh ends trimmed
- 1 avocado pitted ripe peeled
- 2 cups brisket shredded cooked
- 1 teaspoon chili powder
- 0.5 cup chili sauce
- 8 flour tortillas
- 2 tablespoons cilantro leaves fresh chopped

- 0.5 cup garlic cloves peeled
- 4 ounce chiles diced green canned
- 1 teaspoon ground cumin
- 1 cup lettuce shredded
- 1 tablespoon juice of lime fresh
- 4 servings salt and pepper black freshly ground
- 1 cup cheddar shredded
- 0.5 cup heavy whipping cream sour
- 1 cup tomatoes fresh diced

Equipment

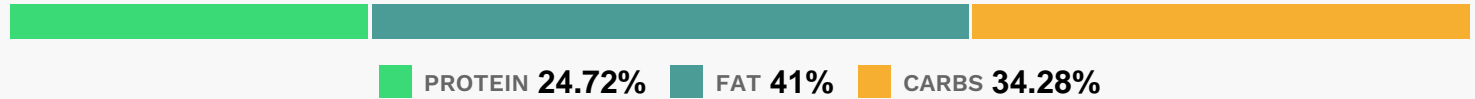
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- For asparagus: Arrange asparagus on baking sheet and season with salt and black pepper. Wrap garlic cloves in foil and place on baking sheet next to asparagus. Roast for 15 minutes, until asparagus and garlic are golden brown.
- Remove from oven.
- For tacos: While the asparagus is roasting, in a large skillet on medium-high heat, combine beef, chili sauce, green chiles, and chili powder and bring to a simmer for 5 minutes, or until liquid is absorbed.
- For garlic-avocado cream: In a medium bowl, combine roasted garlic, sour cream and avocado. Mash with a fork until blended and smooth. Season, to taste, with salt and black pepper.

- For the salsa: Chop 1/4 of the asparagus into small pieces, making about 1 cup, reserve remaining asparagus for soup, about 4 cups. In a medium bowl, combine chopped asparagus, diced tomato, cilantro, lime juice, and cumin. Season, to taste, with salt and freshly ground black pepper.
- To serve, spoon beef into tortillas and top with shredded lettuce and cheese.
- Serve garlic–avocado cream and asparagus salsa on the side.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:14.57, Inflammation Score:-10, Nutrition Score:63.651304281276%

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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 25.65mg, Isorhamnetin: 25.65mg, Isorhamnetin: 25.65mg, Isorhamnetin: 25.65mg Kaempferol: 6.36mg, Kaempferol: 6.36mg, Kaempferol: 6.36mg, Kaempferol: 6.36mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 63.8mg, Quercetin: 63.8mg, Quercetin: 63.8mg, Quercetin: 63.8mg

Nutrients (% of daily need)

Calories: 785.96kcal (39.3%), Fat: 37.17g (57.19%), Saturated Fat: 14.47g (90.42%), Carbohydrates: 69.93g (23.31%), Net Carbohydrates: 52.42g (19.06%), Sugar: 18.25g (20.27%), Cholesterol: 118.55mg (39.52%), Sodium: 1326.84mg (57.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.43g (100.87%), Vitamin K: 215.43µg (205.17%), Vitamin A: 4778.01IU (95.56%), Folate: 377.44µg (94.36%), Iron: 15.97mg (88.72%), Phosphorus: 836.92mg (83.69%), Vitamin B1: 1.21mg (80.37%), Selenium: 55.42µg (79.17%), Vitamin B2: 1.31mg (77.24%), Manganese: 1.49mg (74.5%), Vitamin B6: 1.45mg (72.68%), Fiber: 17.51g (70.04%), Vitamin C: 57.77mg (70.03%), Vitamin B3: 13.81mg (69.03%), Zinc: 9.72mg (64.79%), Copper: 1.25mg (62.57%), Potassium: 2041.35mg (58.32%), Vitamin B12: 3.23µg (53.91%), Vitamin E: 7.95mg (52.99%), Calcium: 498.48mg (49.85%), Magnesium: 146.42mg (36.6%), Vitamin B5: 2.84mg (28.43%), Vitamin D: 0.17µg (1.13%)