



## Beef Tacos: Tacos de Carne Asada

 **Gluten Free**  **Dairy Free**

READY IN



36 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon canola oil as needed plus more,
- 0.3 cup cilantro leaves
- 8 corn tortillas
- 1 flank steak trimmed
- 1 cup jalapeño peppers
- 2 tablespoons salsa de arbol
- 4 servings salt and pepper
- 0.3 cup onion white coarsely chopped

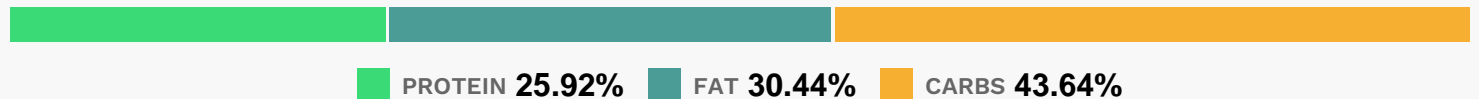
## Equipment

- frying pan
- grill
- broiler

## Directions

- Cover flank steak on one side with the pickled jalapenos, then turn over let sit at room temperature, covered for 1 hour.
- Preheat the grill or broiler.
- Season both sides of the steak with salt and pepper and place on a hot grill or under the broiler. Cook the steak for 5 to 6 minutes on each side (for medium rare), and then chop into 1/4-inch pieces.
- Heat a small saute pan and add 1 tablespoon canola oil. Warm corn tortillas for 30 seconds on each side, adding more oil as necessary. Stack 2 tortillas together, place the meat in the center of the tortillas and top with the onion and cilantro.
- Drizzle a teaspoon of the salsa de arbol on top of each taco.

## Nutrition Facts



## Properties

Glycemic Index:27.38, Glycemic Load:10.27, Inflammation Score:-6, Nutrition Score:12.31652172752%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 237.43kcal (11.87%), Fat: 8.16g (12.55%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 21.81g (7.93%), Sugar: 1.92g (2.14%), Cholesterol: 33.9mg (11.3%), Sodium: 868.61mg (37.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Phosphorus: 289.47mg (28.95%), Selenium: 20.11µg (28.72%), Vitamin B6: 0.55mg (27.39%), Vitamin B3: 4.55mg (22.74%), Zinc: 3mg (20%), Fiber: 4.5g (18.01%),

Magnesium: 57.44mg (14.36%), Vitamin A: 685.12IU (13.7%), Iron: 2.22mg (12.35%), Manganese: 0.24mg (12.06%), Potassium: 395.49mg (11.3%), Vitamin K: 11.04µg (10.51%), Copper: 0.18mg (9.12%), Vitamin B12: 0.51µg (8.57%), Vitamin E: 1.28mg (8.54%), Vitamin B1: 0.11mg (7.48%), Vitamin B2: 0.12mg (6.97%), Calcium: 67.14mg (6.71%), Vitamin B5: 0.59mg (5.88%), Vitamin C: 4.56mg (5.53%), Folate: 17.55µg (4.39%)