



## Beef Tacos with Avocado Sauce (Tacos de Carne con Salsa de Aguacate)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 avocados pitted ripe peeled
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 juice of lime

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 2 tablespoon onion red finely chopped
- ☐ 4 servings salt and pepper
- ☐ 1 scallion finely chopped
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 1 medium tomatoes diced
- ☐ 8 tortillas
- ☐ 0.3 cup onion white chopped

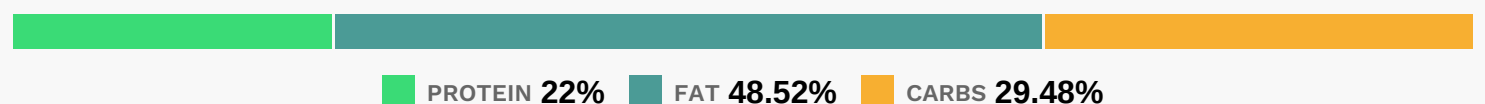
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

## Directions

- ☐ Place the flank steak in a zip lock bag then add the garlic, cumin, scallion, olive oil, paprika, salt and pepper. Marinade for at least 1 hour or overnight.
- ☐ Remove steak from marinade bag and remove as much of the marinade as possible. Discard remaining marinade.
- ☐ Place the steak on the preheated grill and cook 5 minutes on each side for medium doneness or cook until desired degree of doneness.
- ☐ Place all the ingredients in a food processor and process until smooth.
- ☐ Combine all the ingredients in a bowl.To
- ☐ Let everyone assemble their own tacos

## Nutrition Facts



## Properties

Glycemic Index:77.5, Glycemic Load:10.99, Inflammation Score:-8, Nutrition Score:29.812174133632%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

## Nutrients (% of daily need)

Calories: 578.88kcal (28.94%), Fat: 31.72g (48.8%), Saturated Fat: 8.21g (51.3%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 33.61g (12.22%), Sugar: 5.09g (5.66%), Cholesterol: 76.52mg (25.51%), Sodium: 724.62mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.36g (64.72%), Selenium: 48.23µg (68.9%), Vitamin B3: 11.77mg (58.85%), Vitamin B6: 1.07mg (53.5%), Phosphorus: 435.91mg (43.59%), Folate: 164.61µg (41.15%), Vitamin K: 42.25µg (40.24%), Fiber: 9.77g (39.06%), Zinc: 5.5mg (36.69%), Vitamin B1: 0.48mg (32.23%), Potassium: 1105.85mg (31.6%), Manganese: 0.57mg (28.5%), Vitamin B2: 0.48mg (28.04%), Iron: 4.96mg (27.54%), Vitamin C: 19.77mg (23.97%), Vitamin B5: 2.34mg (23.42%), Vitamin E: 3.29mg (21.91%), Magnesium: 77.11mg (19.28%), Copper: 0.38mg (19.06%), Vitamin B12: 1.06µg (17.7%), Calcium: 155.79mg (15.58%), Vitamin A: 743.69IU (14.87%)