



Beef Tenderloin and Pickled Onion Tacos

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

READY IN



30 min.

SERVINGS



2

CALORIES



1867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 small beef tenderloin steaks
- 1 teaspoon chili powder
- 0.5 cup cilantro leaves fresh roughly chopped fine
- 10 2-inch corn tortillas warmed (4 1/es)
- 1 teaspoon cumin
- 2 servings kosher salt
- 1 lime cut in small wedges
- 1 tablespoon olive oil

- 1 cup queso fresco diced grated
- 1 onion red sliced
- 0.3 cup red-wine vinegar

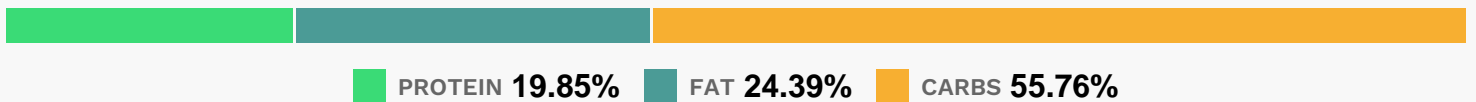
Equipment

- bowl
- frying pan

Directions

- Season the filet steaks with cumin, chili powders, and salt. Set aside.
- Place red onion, vinegar, and 1/2 teaspoon salt in a bowl and stir to combine.
- Let sit for 15 minutes.
- Heat oil in a small cast iron or stainless steel skillet over high heat until just starting to smoke.
- Add steaks and cook without moving until well browned, about, about 2 minutes. Flip and cook second side until brown, about 2 minutes longer.
- Transfer to a large plate and let rest for 5 minutes. Slice steak and serve with warmed tortillas, onions, cheese, cilantro, and lime wedges.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:112.23, Inflammation Score:-10, Nutrition Score:59.504347676816%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.41mg, Quercetin: 13.41mg, Quercetin: 13.41mg, Quercetin: 13.41mg

Nutrients (% of daily need)

Calories: 1866.57kcal (93.33%), Fat: 51.67g (79.5%), Saturated Fat: 16.44g (102.75%), Carbohydrates: 265.86g (88.62%), Net Carbohydrates: 227.51g (82.73%), Sugar: 9.46g (10.51%), Cholesterol: 186.73mg (62.24%), Sodium: 1058.02mg (46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.64g (189.27%), Phosphorus: 2531.27mg (253.13%), Selenium: 116.17µg (165.96%), Fiber: 38.35g (153.39%), Vitamin B6: 2.81mg (140.6%), Magnesium: 491.92mg (122.98%), Zinc: 18.26mg (121.76%), Vitamin B3: 23.39mg (116.93%), Manganese: 2.05mg (102.34%), Calcium: 897.66mg (89.77%), Iron: 12.15mg (67.49%), Potassium: 2123.38mg (60.67%), Copper: 1.14mg (57.19%), Vitamin B12: 3.13µg (52.11%), Vitamin B1: 0.78mg (51.7%), Vitamin B2: 0.78mg (46.08%), Vitamin E: 4.13mg (27.53%), Vitamin B5: 2.48mg (24.76%), Vitamin A: 1100.03IU (22%), Vitamin K: 21.47µg (20.45%), Folate: 78.14µg (19.53%), Vitamin C: 15.13mg (18.34%), Vitamin D: 1.65µg (10.98%)