



Carne Asada

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted peeled sliced
- ☐ 8 servings coarse kosher salt
- ☐ 8 servings flour tortillas
- ☐ 4 garlic cloves minced
- ☐ 2 bunches green onions dark trimmed (12)
- ☐ 8 servings lime wedges
- ☐ 8 poblano chiles
- ☐ 8 servings salsa mexicana

☐ 2 pounds skirt steak

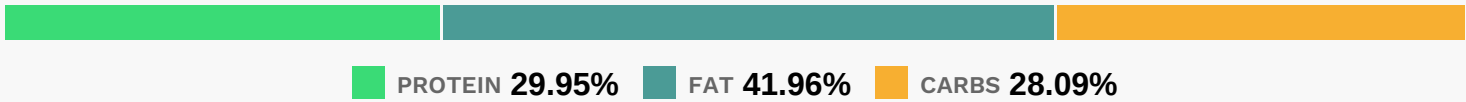
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Prepare barbecue (high heat). Grill chiles and onions until charred all over, about 3 minutes for onions and 5 minutes for chiles.
- ☐ Transfer onions to plate; tent with foil.
- ☐ Transfer chiles to large bowl; cover with plastic and let stand 15 minutes. Peel and seed; cut into 1-inch-wide strips.
- ☐ Transfer to plate; tent with foil.
- ☐ Rub steak with garlic; sprinkle with coarse salt and pepper. Grill until cooked to desired doneness, about 3 minutes per side for medium.
- ☐ Transfer to work surface; cool 5 minutes. Grill tortillas until warm and slightly charred, about 10 seconds per side.
- ☐ Cut steak crosswise into strips; transfer to plate.
- ☐ Serve steak with tortillas, chiles, green onions, avocado slices, lime wedges, and Salsa Mexicana.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:5.65, Inflammation Score:-8, Nutrition Score:29.186521561249%

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 Hesperetin: 0.43mg, Hesperetin: 0.43mg

Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 383.23kcal (19.16%), Fat: 18.47g (28.42%), Saturated Fat: 5.16g (32.26%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 20.6g (7.49%), Sugar: 5.69g (6.32%), Cholesterol: 71.44mg (23.81%), Sodium: 707.68mg (30.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.33%), Vitamin C: 103.2mg (125.09%), Zinc: 8.04mg (53.63%), Vitamin B6: 0.99mg (49.28%), Vitamin B3: 9.61mg (48.05%), Selenium: 32.38µg (46.26%), Vitamin B12: 2.42µg (40.26%), Vitamin K: 37.01µg (35.25%), Vitamin B2: 0.56mg (33.12%), Phosphorus: 301.3mg (30.13%), Fiber: 7.23g (28.92%), Manganese: 0.53mg (26.51%), Potassium: 926.78mg (26.48%), Vitamin B1: 0.34mg (22.55%), Folate: 89.45µg (22.36%), Iron: 4.02mg (22.35%), Copper: 0.33mg (16.52%), Magnesium: 64.46mg (16.12%), Vitamin B5: 1.6mg (16.03%), Vitamin A: 736.79IU (14.74%), Vitamin E: 2.02mg (13.47%), Calcium: 84.98mg (8.5%)