




 **64%**
HEALTH SCORE

Carne Asada Burrito


 Dairy Free  Very Healthy

READY IN




320 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 teaspoon agave nectar
- 1 ancho chile dried
- 1 tablespoon canola oil plus more for grilling
- 1 tablespoon chili powder
- 6 10-inch flour tortillas
- 4 cups cilantro leaves fresh
- 0.3 cup cilantro leaves fresh
- 1 cup parsley leaves fresh

- 3 cloves garlic
- 4 cloves garlic chopped
- 1 tablespoon ground cumin
- 2 jalapeños chopped
- 1 juice of lime
- 2 juice of lime
- 2 juice of orange
- 1 tablespoon kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil extra-virgin
- 0.8 cup onion finely chopped
- 1 orange zest
- 2 plum tomatoes
- 1 poblano chile
- 1 cup pumpkin seeds toasted
- 2 pounds skirt steak cut in half)
- 12 ounces tomatillos cleaned (3)
- 4 small tomatoes ripe julienned seeded
- 1 small onion yellow quartered

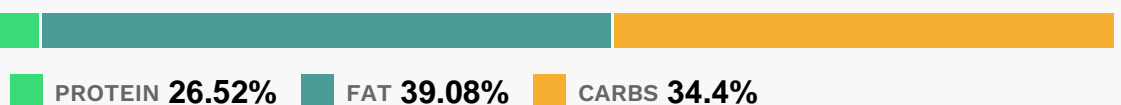
Equipment

- food processor
- bowl
- frying pan
- grill
- grill pan
- cutting board

Directions

- Watch how to make this recipe.
- Mix the oil,lime juice,orange zest and juice, garlic, onions, chili powder, cumin and salt in a bowl until combined. Adjust seasoning if necessary.
- Transfer the marinade into a large freezer bag.
- Add the steak and marinate in the fridge for at least 4 hours or maximum overnight.
- Heat a grill or grill pan to medium-high heat and lightly coat with canola oil. Pull the steak out of the marinate and grill until charred and nice and crusty, 5 to 7 minutes a side.
- Remove and let rest for 10 minutes before slicing. Slice the meat thinly against the grain.
- Place the tortilla flat and smear on even layer of Cilantro Pesto.
- Sprinkle with tomatoes and pile on the steak. Wrap it up tight and eat whole, or slice in half on the bias -- just don't forget to dunk it in plenty of Charred Salsa.
- Place the pumpkin seeds into a dry skillet and toast on medium heat until lightly golden and fragrant, 5 to 6 minutes.
- Add the cilantro, parsley, olive oil, lime juice and jalapenos into a food processor, and then pulse until smooth but still slightly chunky. Adjust seasoning as you see fit.
- Heat a large grill pan to medium-high heat.
- Add the tomatillos, garlic,tomatoes,onion, ancho and poblanochiles. Char on all sides until blackened in parts, removing the charred vegetables and chiles to a cutting board once blackened. Depending on their size, each vegetable will char at a different rate.
- Place the charred ancho chile into a small bowl and pour enough hot water to cover it. Allow to sit until the chili is softened, 8 to 10 minutes. When softened, remove the stem and seeds.
- Remove the stem and seeds from the charred poblano as well as the stem and skins from the charred garlic cloves and onion quarters.
- Put the soaked ancho and poblano chiles, tomatillos,garlic,tomatoes,onion, cilantro, agave andlime juice into the bowl of a food processor and blend until mostly smooth. Season with salt and pepper to your heart's content.

Nutrition Facts



Properties

Glycemic Index:79.33, Glycemic Load:14.31, Inflammation Score:-10, Nutrition Score:49.368261368378%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg, Isorhamnetin: 1.59mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 13.79mg, Quercetin: 13.79mg, Quercetin: 13.79mg, Quercetin: 13.79mg

Nutrients (% of daily need)

Calories: 666.32kcal (33.32%), Fat: 29.76g (45.78%), Saturated Fat: 8.07g (50.43%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 49.49g (18%), Sugar: 14.92g (16.58%), Cholesterol: 95.25mg (31.75%), Sodium: 1826.09mg (79.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.44g (90.88%), Vitamin K: 234.14µg (222.99%), Vitamin C: 78.68mg (95.37%), Vitamin A: 4497.37IU (89.95%), Zinc: 11.69mg (77.94%), Vitamin B3: 15.05mg (75.25%), Selenium: 51.56µg (73.66%), Manganese: 1.45mg (72.65%), Phosphorus: 605.51mg (60.55%), Vitamin B6: 1.08mg (54.16%), Vitamin B12: 3.22µg (53.68%), Vitamin B2: 0.88mg (51.84%), Iron: 9.1mg (50.54%), Vitamin B1: 0.62mg (41.24%), Magnesium: 161.61mg (40.4%), Potassium: 1397.43mg (39.93%), Fiber: 9.45g (37.82%), Folate: 136.35µg (34.09%), Copper: 0.57mg (28.26%), Vitamin E: 3.36mg (22.41%), Calcium: 190.91mg (19.09%), Vitamin B5: 1.56mg (15.63%), Vitamin D: 0.15µg (1.01%)