



Carne Asada Tacos

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted peeled sliced
- 1.5 pounds beef top sirloin steaks boneless cut into thin bite-size slices
- 1 teaspoon pepper black freshly ground
- 10.5 ounce beef broth canned
- 4 tablespoons canola oil divided
- 12 6-inch corn tortillas ()
- 12 6-inch corn tortillas ()
- 6 servings pepper red crushed to taste

- 1 bunch cilantro leaves fresh chopped
- 2 jalapeno fresh seeded
- 1 optional: lemon
- 1 lime
- 0.5 large onion chopped
- 0.5 teaspoon salt
- 28 ounce tomatillos canned
- 2 tomatoes chopped

Equipment

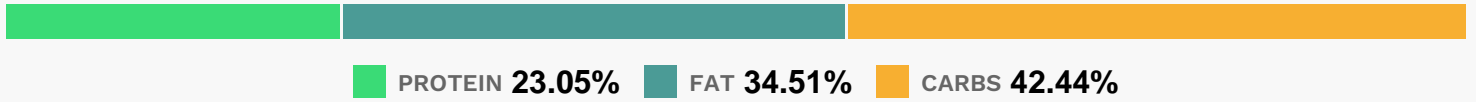
- food processor
- bowl
- frying pan
- oven
- blender
- microwave

Directions

- Place sliced meat into a shallow bowl, and season with salt, black pepper, and crushed red pepper. Squeeze the lime juice over the meat, and turn until evenly coated. Cover, and refrigerate for 30 minutes.
- In a blender or food processor, combine tomatillo and jalapeno. Puree for 15 to 20 seconds, or until thick.
- Heat 1 tablespoon oil in a large skillet over medium high heat. Carefully pour in tomatillo mixture. Cook, stirring frequently, for 5 minutes. Stir in beef broth. Reduce heat, and simmer for 20 to 30 minutes, or until mixture coats a spoon.
- Transfer mixture to a serving dish.
- Heat tablespoon oil in a large skillet over high heat. Stir in 1/3 of the beef, and saute for 1 minute.

- Transfer to serving dish. Repeat with remaining beef. Meanwhile, heat tortillas in the oven or microwave, according to package instructions.
- To serve, place two tortillas on top of each other.
- Add desired amount of meat, spoon over some tomatillo mixture. Top with onions, tomatoes, avocado and cilantro.
- Garnish with a wedge of lemon, to be squeezed over taco before eating.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:21.71, Inflammation Score:-9, Nutrition Score:33.773478425067%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 581.74kcal (29.09%), Fat: 23.19g (35.67%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 64.16g (21.39%), Net Carbohydrates: 50.38g (18.32%), Sugar: 8.93g (9.92%), Cholesterol: 66.9mg (22.3%), Sodium: 529.07mg (23%), Alcohol: 0g (100%), Protein: 34.84g (69.67%), Phosphorus: 668.03mg (66.8%), Vitamin B3: 12.92mg (64.61%), Vitamin B6: 1.24mg (61.82%), Selenium: 43.05µg (61.5%), Fiber: 13.78g (55.12%), Vitamin C: 44.07mg (53.42%), Zinc: 6.62mg (44.14%), Potassium: 1355.73mg (38.74%), Manganese: 0.76mg (38.14%), Magnesium: 150.6mg (37.65%), Vitamin K: 39.31µg (37.44%), Vitamin E: 4.68mg (31.2%), Iron: 4.92mg (27.34%), Vitamin A: 1288.24IU (25.76%), Copper: 0.49mg (24.42%), Vitamin B2: 0.35mg (20.34%), Vitamin B1: 0.3mg (20.27%), Vitamin B12: 1.1µg (18.34%), Folate: 71.43µg (17.86%), Vitamin B5: 1.68mg (16.84%), Calcium: 150.44mg (15.04%)