



## Carne Asada Tacos with Avocado Pico de Gallo

 Gluten Free  Dairy Free

READY IN



216 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup avocado diced (1 medium)
- 8 corn tortillas
- 3 tablespoons cilantro leaves fresh finely chopped
- 1 garlic clove minced
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 1 tablespoon jalapeno diced seeded

- 0.8 teaspoon kosher salt
- 0.3 cup juice of lime fresh ( 2 medium)
- 1 tablespoon juice of lime fresh
- 0.3 cup onion diced
- 1 cup plum tomatoes diced seeded
- 1 pound skirt steak trimmed

## Equipment

- bowl
- frying pan
- grill pan

## Directions

- Combine 1/4 cup juice and steak in a shallow dish.
- Sprinkle cumin, 1/2 teaspoon salt, and red pepper over both sides of steak. Cover and marinate in refrigerator 3 hours.
- Heat grill pan over high heat. Coat pan with cooking spray.
- Add steak to pan; cook 3 minutes on each side or until desired degree of doneness.
- Let stand at least 10 minutes.
- Cut steak into 1/2-inch pieces.
- Combine tomato and next 5 ingredients (through garlic) in a bowl. Gently stir in avocado and 1/4 teaspoon salt.
- Heat tortillas over gas flame 15 seconds on each side or until charred on edges. Divide steak evenly among tortillas. Top with pico de gallo.
- Serve with lime wedges, if desired.

## Nutrition Facts

 **PROTEIN 31.3%**  **FAT 34.87%**  **CARBS 33.83%**

## Properties

Glycemic Index:71.63, Glycemic Load:11.22, Inflammation Score:-7, Nutrition Score:22.195651831834%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 356.17kcal (17.81%), Fat: 14.33g (22.05%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 24.92g (9.06%), Sugar: 3.14g (3.49%), Cholesterol: 71.44mg (23.81%), Sodium: 541.27mg (23.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.9%), Zinc: 8.34mg (55.62%), Vitamin B3: 8.2mg (40.98%), Selenium: 28.47µg (40.68%), Vitamin B12: 2.42µg (40.26%), Vitamin B6: 0.78mg (38.98%), Phosphorus: 377.77mg (37.78%), Vitamin C: 22.31mg (27.04%), Vitamin B2: 0.46mg (26.93%), Fiber: 6.37g (25.46%), Potassium: 769.05mg (21.97%), Manganese: 0.43mg (21.38%), Magnesium: 82.61mg (20.65%), Iron: 3.37mg (18.72%), Vitamin A: 724.62IU (14.49%), Copper: 0.28mg (14.09%), Vitamin K: 14.3µg (13.62%), Vitamin B5: 1.21mg (12.11%), Vitamin B1: 0.17mg (11.61%), Folate: 42.98µg (10.74%), Vitamin E: 1.44mg (9.58%), Calcium: 70.46mg (7.05%)