



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 minced
- ☐ 1 teaspoon cumin
- ☐ 0.5 teaspoon 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

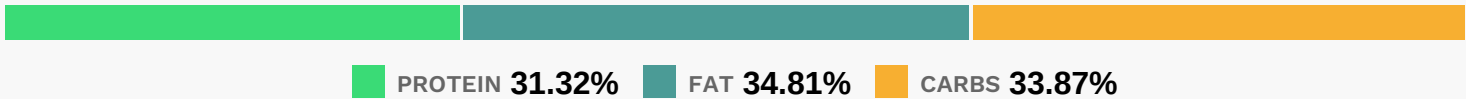
Equipment

- ☐ 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



Properties

Glycemic Index:71.63, Glycemic Load:11.23, Inflammation Score:0, Nutrition Score:22.123478091281%

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, 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: 356kcal (17.8%), Fat: 14.3g (22%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 24.94g (9.07%), Sugar: 3.12g (3.47%), Cholesterol: 71.44mg (23.81%), Sodium: 541.24mg (23.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.89%), Zinc: 8.34mg (55.6%), Vitamin B3: 8.18mg (40.88%), Selenium: 28.46µg (40.66%), Vitamin B12: 2.42µg (40.26%), Vitamin B6: 0.77mg (38.71%), Phosphorus: 377.43mg (37.74%), Vitamin B2: 0.46mg (26.83%), Vitamin C: 22.12mg (26.81%), Fiber: 6.36g (25.44%), Manganese: 0.45mg (22.72%), Potassium: 767.33mg (21.92%), Magnesium: 82.66mg (20.66%), Iron: 3.38mg (18.75%), Copper: 0.28mg (14.21%), Vitamin K: 14.51µg (13.82%), Vitamin A: 621.96IU (12.44%), Vitamin B5: 1.21mg (12.15%), Vitamin B1: 0.17mg (11.57%), Folate: 42.76µg (10.69%), Vitamin E: 1.37mg (9.1%), Calcium: 71.2mg (7.12%)