Carne Asada Tacos With Carrot-Pepper Slaw

Gluten Free

READY IN	SERVINGS	CALORIES
35 min.	4	501 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 4 medium carrots shredded
- [ ] 12 corn tortillas
- [ ] 2 tablespoons cilantro leaves fresh chopped for topping
- [ ] 1 clove garlic finely grated
- [ ] 1 teaspoons jalapeno minced seeded for less heat ( )
- [ ] 4 servings kosher salt
- [ ] 3 tablespoons juice of lime fresh for serving
- [ ] 0.5 cup nonfat greek yogurt plain

- [ ] 1 teaspoon olive oil extra-virgin plus more for brushing
- [ ] 1 large bell pepper red cored grated seeded
- [ ] 1 pound rump steak
- [ ] 1 large onion white cut into rings

Equipment

- [ ] bowl
- [ ] paper towels
- [ ] plastic wrap
- [ ] grill
- [ ] microwave
- [ ] grill pan
- [ ] cutting board

Directions

- [ ] Preheat a grill or grill pan to medium high.
- [ ] Mix the yogurt, garlic and cilantro in a small bowl; set aside.
- [ ] Toss the onion rings with the olive oil and a pinch of salt.
- [ ] Sprinkle the steak with 1/2 teaspoon salt. Lightly brush the grill with olive oil and grill the onion and steak, turning once, until the onion is charred and the steak is cooked to medium rare, about 5 minutes per side.
- [ ] Transfer the steak to a cutting board and let rest 5 minutes.
- [ ] Put the carrots and bell pepper in a medium bowl and toss with the jalapeno, lime juice and 1/4 teaspoon salt.
- [ ] Wrap the tortillas in a damp paper towel, then in plastic wrap; microwave until warm, 1 minute. Thinly slice the steak against the grain. Divide the steak and onion among the tortillas; top with the slaw, yogurt sauce and more cilantro.
- [ ] Serve with lime wedges.
- [ ] Photograph by Christopher Testani

Nutrition Facts

PROTEIN **25.21%** FAT **36.22%** CARBS **38.57%**

Properties

Glycemic Index:70.58, Glycemic Load:18.67, Inflammation Score:-10, Nutrition Score:29.353913390118%

Flavonoids

Hesperetin: 4.77mg, Hesperetin: 4.77mg, Hesperetin: 4.77mg, Hesperetin: 4.77mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

Nutrients (% of daily need)

Calories: 501.4kcal (25.07%), Fat: 20.46g (31.48%), Saturated Fat: 7.4g (46.23%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 40.53g (14.74%), Sugar: 7.96g (8.84%), Cholesterol: 64.75mg (21.58%), Sodium: 344.85mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.09%), Vitamin A: 11510.26IU (230.21%), Vitamin C: 63.85mg (77.4%), Vitamin B12: 3.33µg (55.46%), Phosphorus: 522.68mg (52.27%), Vitamin B6: 0.89mg (44.29%), Selenium: 26.39µg (37.7%), Zinc: 5.21mg (34.74%), Fiber: 8.49g (33.95%), Vitamin B3: 6.43mg (32.15%), Potassium: 885.7mg (25.31%), Magnesium: 98.68mg (24.67%), Vitamin B2: 0.41mg (24.1%), Manganese: 0.47mg (23.44%), Iron: 3.79mg (21.04%), Vitamin B1: 0.28mg (18.49%), Copper: 0.27mg (13.68%), Calcium: 134.79mg (13.48%), Folate: 51.4µg (12.85%), Vitamin K: 11.74µg (11.18%), Vitamin E: 1.5mg (9.98%), Vitamin B5: 0.9mg (8.96%)