



Chile and Lime Steak Tortas

READY IN



60 min.

SERVINGS



8

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons ancho chile powder
- ☐ 1 avocado sliced
- ☐ 8 oz jalapeños drained sliced canned
- ☐ 8 small dinner rolls split
- ☐ 1 cup jack cheese shredded
- ☐ 1 juice of lime
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup crema mexicana sour
- ☐ 1 pound skirt steak cut into 3- to 4-in.-wide strips if needed

☐ 4 teaspoons vegetable oil

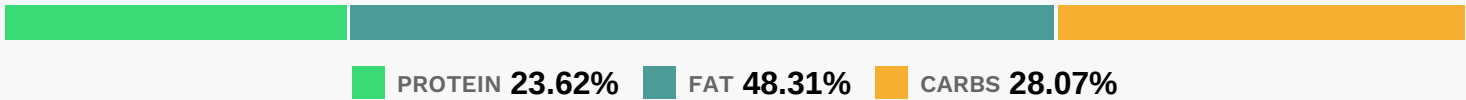
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Mix lime juice, chile powder, oil, and salt in a medium bowl.
- ☐ Add steak, turning to coat evenly with marinade. Chill at least 30 minutes and up to 3 hours.
- ☐ Heat grill to high (450 to 550). Cook steak, covered, turning once, until grill marks appear and steak is slightly pink in the center, about 4 minutes.
- ☐ Transfer to a cutting board, tent with foil, and let rest 10 minutes, then slice thinly to fit in rolls.
- ☐ Open rolls and sprinkle each with about 2 tbsp. cheese. Grill rolls, cut sides up and covered, until crisp and cheese starts to melt, about 1 minute.
- ☐ Fill rolls with steak, avocado, half the jalapeos, and a drizzle of crema.
- ☐ Serve with remaining jalapeos on the side.
- ☐ *Available at most Latino markets.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:17.193912918153%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 339.69kcal (16.98%), Fat: 18.61g (28.63%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 20.13g (7.32%), Sugar: 1.87g (2.07%), Cholesterol: 52.2mg (17.4%), Sodium: 1005mg (43.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.94%), Selenium: 29.01µg (41.44%), Zinc: 4.74mg (31.59%), Manganese: 0.56mg (28.2%), Vitamin B3: 5.58mg (27.91%), Vitamin B2: 0.4mg (23.61%), Vitamin B12: 1.32µg (22.08%), Phosphorus: 214.57mg (21.46%), Vitamin B6: 0.42mg (20.91%), Calcium: 207.64mg (20.76%), Iron: 3.37mg (18.71%), Vitamin B1: 0.25mg (16.88%), Fiber: 4.2g (16.8%), Vitamin A: 778.03IU (15.56%), Vitamin K: 15.85µg (15.1%), Folate: 54.84µg (13.71%), Potassium: 414.75mg (11.85%), Magnesium: 44.17mg (11.04%), Copper: 0.21mg (10.5%), Vitamin B5: 0.99mg (9.9%), Vitamin E: 1.3mg (8.66%), Vitamin C: 6.48mg (7.85%)