



Chile-Rubbed Steak Tacos

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons chili powder
- 12 6-inch corn tortillas ()
- 0.5 teaspoon pepper red crushed
- 1.5 pounds flank steak trimmed
- 1 teaspoon garlic powder
- 0.3 teaspoon ground cinnamon
- 0.8 teaspoon kosher salt

6 lime wedges

Equipment

bowl

grill

Directions

Prepare grill.

Combine chili powder, garlic powder, salt, peppers, and cinnamon in a bowl; stir well with a fork. Rub mixture evenly over both sides of steak; let stand 10 minutes.

Place steak on a grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness.

Remove steak from grill; let stand 5 minutes.

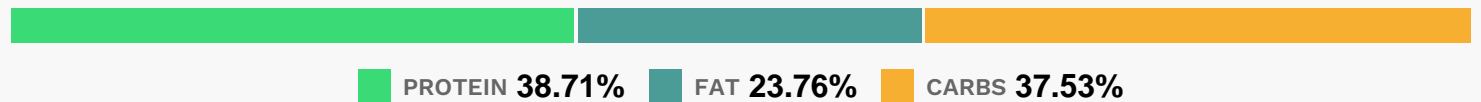
Cut steak diagonally across grain into thin slices.

Heat tortillas according to package directions.

Place 1 1/2 ounces steak in the center of each tortilla; fold in half.

Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:10.54, Inflammation Score:-7, Nutrition Score:17.653913166212%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 284.38kcal (14.22%), Fat: 7.6g (11.7%), Saturated Fat: 2.66g (16.66%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 22.13g (8.05%), Sugar: 0.98g (1.09%), Cholesterol: 68.04mg (22.68%), Sodium: 421.35mg (18.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.88g (55.75%), Selenium: 37.41µg (53.44%), Vitamin B6:

0.88mg (43.79%), Vitamin B3: 8.21mg (41.06%), Phosphorus: 406.47mg (40.65%), Zinc: 5.19mg (34.57%), Fiber: 4.9g (19.59%), Vitamin B12: 1.03µg (17.2%), Magnesium: 68.42mg (17.1%), Vitamin A: 851.28IU (17.03%), Iron: 3.04mg (16.88%), Potassium: 565.62mg (16.16%), Manganese: 0.27mg (13.65%), Vitamin B2: 0.2mg (11.5%), Vitamin E: 1.6mg (10.68%), Copper: 0.21mg (10.41%), Vitamin B1: 0.15mg (9.69%), Vitamin B5: 0.84mg (8.42%), Calcium: 83.37mg (8.34%), Vitamin C: 5.27mg (6.38%), Folate: 19.84µg (4.96%), Vitamin K: 4.76µg (4.54%)