



Chili-Rubbed Steak Tacos



Gluten Free



Dairy Free

READY IN



47 min.

SERVINGS



12

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados cut into chunks
- ☐ 1 pinch cayenne pepper
- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 12 6-inch corn tortillas 5 to 6 in diameter
- ☐ 1 large cucumber peeled seeded cut into chunks 2 cups
- ☐ 2 cloves garlic minced

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 jalapeño chiles plus more to taste chopped
- ☐ 0.3 juice of lime juiced
- ☐ 1 lime cut into wedges
- ☐ 3 cups cabbage shredded red
- ☐ 0.5 onion diced red
- ☐ 0.3 teaspoon salt
- ☐ 12 servings salt
- ☐ 1.3 pound top sirloin steaks cut

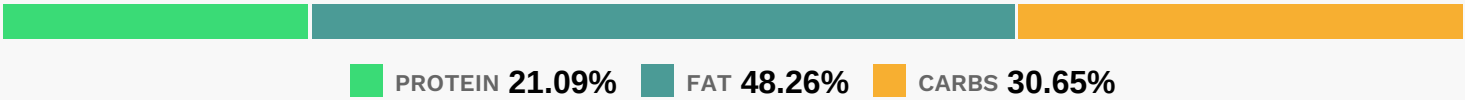
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl stir together chili powder, garlic, cinnamon, salt and cayenne pepper. Rub spice mixture on both sides of steaks.
- ☐ Grill or broil steaks for 5 to 6 minutes on each side for medium rare, turning once.
- ☐ Remove from grill and let meat sit for 10 to 15 minutes. Carve into thin slices.
- ☐ Warm tortillas by placing them on the grill, for about 30 seconds, turning once. Or place 6 tortillas at a time between 2 moist paper towels and microwave for 45 seconds. Wrap in cloth napkin or place in a tortilla warmer to keep warm.
- ☐ Place the carved steak, warm tortillas, cabbage, cilantro, lime and Avocado Lime Salsa in serving dishes and let diners make their own tacos at the table.
- ☐ Place cucumber, avocado and onion in a large bowl and add lime juice and salt.
- ☐ Add cilantro and chiles and toss gently.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:6.01, Inflammation Score:-6, Nutrition Score:12.770869628243%

Flavonoids

Cyanidin: 46.8mg, Cyanidin: 46.8mg, Cyanidin: 46.8mg, Cyanidin: 46.8mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 232.2kcal (11.61%), Fat: 12.87g (19.8%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 13.28g (4.83%), Sugar: 2.08g (2.31%), Cholesterol: 26.46mg (8.82%), Sodium: 300.13mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.31%), Vitamin C: 22.14mg (26.83%), Vitamin B12: 1.31µg (21.89%), Vitamin B6: 0.42mg (21.04%), Vitamin K: 21.53µg (20.51%), Fiber: 5.11g (20.44%), Phosphorus: 199.17mg (19.92%), Zinc: 2.25mg (15.01%), Vitamin B3: 2.93mg (14.65%), Selenium: 9.95µg (14.21%), Potassium: 482.15mg (13.78%), Manganese: 0.25mg (12.52%), Vitamin A: 611.67IU (12.23%), Magnesium: 46.86mg (11.72%), Vitamin B2: 0.18mg (10.55%), Iron: 1.88mg (10.45%), Folate: 41.38µg (10.35%), Copper: 0.18mg (8.94%), Vitamin B1: 0.12mg (8.26%), Vitamin E: 1.18mg (7.86%), Vitamin B5: 0.77mg (7.69%), Calcium: 48.81mg (4.88%)