



Spicy Steak and Corn Soft Tacos

READY IN



45 min.

SERVINGS



2

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings cheddar cheese grated
- 0.5 teaspoon chili powder
- 0.8 cup corn whole frozen cooked drained
- 2 servings flour tortilla
- 1.5 tablespoons cilantro leaves fresh minced
- 0.5 teaspoon ground cumin
- 1 jalapeno with seeds minced
- 2 tablespoons olive oil
- 1 bell pepper red sliced

- 1 medium onion red sliced
- 2 servings salt and pepper freshly ground
- 0.5 pound skirt steak cut into 1/4-inch-thick, long narrow strips
- 2 servings cream sour
- 2 servings tomatoes fresh chopped

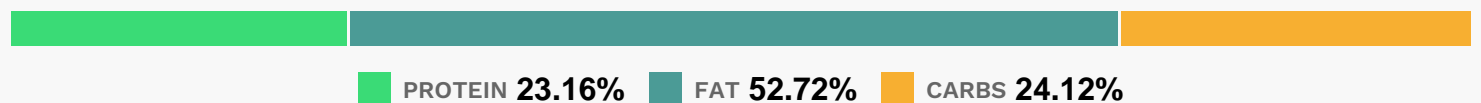
Equipment

- bowl
- frying pan

Directions

- Heat oil in heavy large skillet over medium heat.
- Add onion and bell pepper and sauté until tender, about 10 minutes.
- Transfer to plate.
- Add steak to skillet and stir until no longer pink, about 1 minute. Return onion and pepper to skillet.
- Add corn, jalapeño, cumin and chili powder and stir until heated through. Season with salt and freshly ground pepper.
- Remove from heat and mix in cilantro.
- Transfer steak mixture to heated bowl and keep warm.
- Cook tortillas over gas flame or electric burner until they just begin to color.
- Transfer to napkin-lined basket.
- Serve tortillas, steak mixture, cheese, tomatoes and sour cream separately, so diners can assemble tacos at the table.

Nutrition Facts



Properties

Glycemic Index:113.5, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:37.090434696363%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg, Quercetin: 12.86mg

Nutrients (% of daily need)

Calories: 652.1kcal (32.6%), Fat: 38.94g (59.9%), Saturated Fat: 13.17g (82.34%), Carbohydrates: 40.09g (13.36%), Net Carbohydrates: 34.27g (12.46%), Sugar: 11.52g (12.8%), Cholesterol: 108.52mg (36.17%), Sodium: 804.29mg (34.97%), Alcohol: 0g (100%), Protein: 38.48g (76.96%), Vitamin C: 114.38mg (138.64%), Vitamin A: 3998.18IU (79.96%), Zinc: 9.37mg (62.44%), Selenium: 41.07µg (58.66%), Vitamin B3: 10.12mg (50.58%), Phosphorus: 486.59mg (48.66%), Vitamin B6: 0.96mg (48.11%), Vitamin B12: 2.76µg (45.98%), Vitamin B2: 0.72mg (42.34%), Manganese: 0.65mg (32.73%), Potassium: 1142.21mg (32.63%), Vitamin E: 4.79mg (31.92%), Calcium: 318.37mg (31.84%), Vitamin K: 33.33µg (31.74%), Folate: 122.02µg (30.51%), Iron: 4.64mg (25.8%), Vitamin B1: 0.37mg (24.66%), Fiber: 5.83g (23.3%), Magnesium: 83.18mg (20.8%), Copper: 0.31mg (15.3%), Vitamin B5: 1.32mg (13.16%), Vitamin D: 0.29µg (1.96%)