



 **37%**
HEALTH SCORE

Filet Mignon Soft Tacos

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



2

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

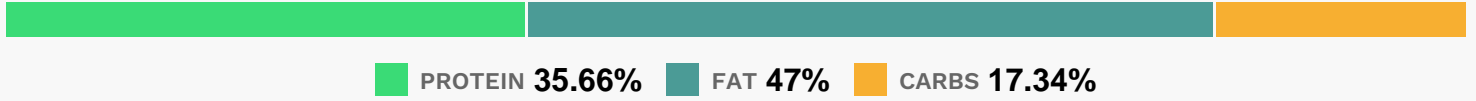
DINNER

Ingredients

- 16 oz filets
- 2 servings olive oil extra virgin
- 2 servings guacamole
- 2 servings pepper black
- 2 servings cheddar cheese shredded
- 2 servings cream sour
- 2 servings corn tortillas white
- 2 servings corn tortillas white

Equipment

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:10.27, Inflammation Score:-6, Nutrition Score:23.55347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Taste

Sweetness: 22.44%, Saltiness: 19.68%, Sourness: 8.19%, Bitterness: 5.26%, Savoriness: 15.99%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 571.1kcal (28.56%), Fat: 29.68g (45.66%), Saturated Fat: 9.46g (59.12%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 21.26g (7.73%), Sugar: 0.97g (1.08%), Cholesterol: 134.6mg (44.87%), Sodium: 346.16mg (15.05%), Protein: 50.67g (101.34%), Selenium: 87.18µg (124.55%), Phosphorus: 770.87mg (77.09%), Vitamin B12: 2.41µg (40.12%), Vitamin B6: 0.7mg (34.9%), Potassium: 1077.81mg (30.79%), Calcium: 303.33mg (30.33%), Magnesium: 119.78mg (29.94%), Vitamin B3: 5.5mg (27.52%), Vitamin E: 3.91mg (26.04%), Vitamin B2: 0.34mg (19.72%), Zinc: 2.85mg (19%), Vitamin B1: 0.23mg (15.54%), Vitamin D: 2.22µg (14.81%), Fiber: 3.37g (13.47%), Manganese: 0.22mg (11.1%), Vitamin K: 9.93µg (9.46%), Vitamin A: 469.13IU (9.38%), Iron: 1.65mg (9.17%), Copper: 0.16mg (7.94%), Folate: 26.32µg (6.58%), Vitamin B5: 0.58mg (5.83%), Vitamin C: 2.48mg (3%)