



WHATSheATE



Flank Steak Taco Boats with Mango Salsa

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb flank steak trimmed
- ☐ 8 flour tortilla soft
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 1 juice of lime
- ☐ 2 medium mangos diced ripe peeled
- ☐ 0.3 cup onion red chopped
- ☐ 1 oz taco seasoning

☐ 1 tablespoon vegetable oil

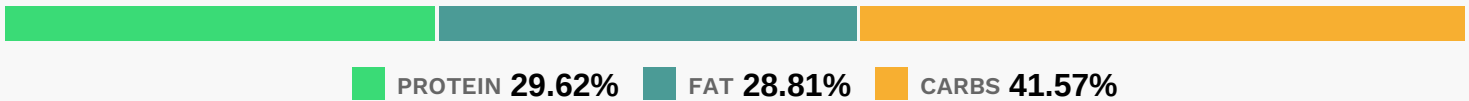
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400F. Line cookie sheet with foil.
- ☐ In 10-inch skillet, heat oil over high heat.
- ☐ Sprinkle taco seasoning mix over flank steak, pressing to coat. Brown steak in oil on both sides.
- ☐ Place steak on cookie sheet. Roast until meat thermometer inserted in center of steak reads 135F.
- ☐ Remove from oven, and let rest 10 minutes.
- ☐ Meanwhile, in large bowl, mix salsa ingredients. Refrigerate until ready to serve.
- ☐ Cut steak into thin slices.
- ☐ Place 2 or 3 slices steak in each taco boat. Top with salsa.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:8.4, Inflammation Score:-7, Nutrition Score:14.210434809975%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 245.2kcal (12.26%), Fat: 7.85g (12.08%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 22.78g (8.29%), Sugar: 9.22g (10.24%), Cholesterol: 42.52mg (14.17%), Sodium: 545.34mg (23.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Selenium: 27.95µg (39.93%), Vitamin B3: 6.12mg (30.62%), Vitamin C: 24.14mg (29.26%), Vitamin B6: 0.52mg (26.18%), Phosphorus: 214.88mg (21.49%), Zinc: 2.94mg (19.58%), Vitamin A: 946.95IU (18.94%), Folate: 61.77µg (15.44%), Vitamin B1: 0.22mg (14.71%), Iron: 2.53mg (14.05%), Vitamin B2: 0.19mg (11.16%), Potassium: 384.75mg (10.99%), Fiber: 2.71g (10.83%), Vitamin B12: 0.64µg (10.75%), Manganese: 0.2mg (9.98%), Vitamin K: 10.23µg (9.74%), Copper: 0.15mg (7.26%), Magnesium: 28.56mg (7.14%), Calcium: 66.6mg (6.66%), Vitamin B5: 0.62mg (6.17%), Vitamin E: 0.89mg (5.96%)