



Flank Steak Tacos with Slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup cilantro leaves
- ☐ 8 corn tortillas
- ☐ 12 ounce flank steak trimmed
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon dijon honey mustard

- ☐ 1 cup jicama
- ☐ 1 small lime cut into 8 wedges
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 cup radicchio thinly thinly sliced
- ☐ 1 bell pepper red
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 teaspoon cocoa powder unsweetened
- ☐ 1 bell pepper yellow

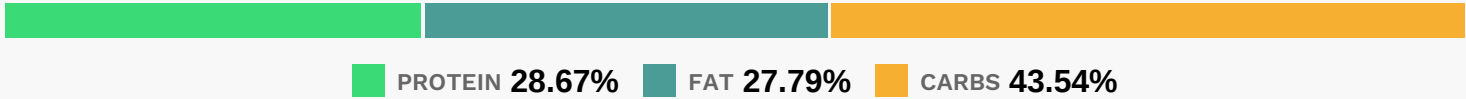
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Combine chili powder, sugar, cumin, cocoa, and 3/8 teaspoon salt; rub spice mixture evenly over steak.
- ☐ Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 10 minutes; cut across the grain into thin slices.
- ☐ Cut bell peppers into quarters; discard seeds and membranes.
- ☐ Add bell peppers to pan; cook for 4 minutes on each side.
- ☐ Cut into thin slices.
- ☐ Combine remaining 1/8 teaspoon salt, vinegar, oil, and mustard in a medium bowl, stirring with a whisk.
- ☐ Add jicama, radicchio, and cilantro to bowl; toss to coat.
- ☐ Heat tortillas in grill pan coated with cooking spray 30 seconds or until lightly charred. Divide beef, bell peppers, and jicama mixture evenly among tortillas; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:11.06, Inflammation Score:-9, Nutrition Score:23.037826164909%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 4.29mg, Luteolin: 4.29mg, Luteolin: 4.29mg, Luteolin: 4.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 307.62kcal (15.38%), Fat: 9.69g (14.91%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 27.4g (9.96%), Sugar: 3.96g (4.4%), Cholesterol: 51.03mg (17.01%), Sodium: 388.87mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin C: 105.21mg (127.52%), Selenium: 29.03µg (41.46%), Vitamin B6: 0.82mg (40.78%), Phosphorus: 368.8mg (36.88%), Vitamin B3: 6.9mg (34.49%), Vitamin K: 34.46µg (32.82%), Zinc: 4.27mg (28.45%), Vitamin A: 1377.07IU (27.54%), Fiber: 6.77g (27.07%), Potassium: 643.86mg (18.4%), Magnesium: 73.07mg (18.27%), Iron: 2.98mg (16.54%), Manganese: 0.33mg (16.34%), Vitamin E: 2.19mg (14.62%), Copper: 0.26mg (12.99%), Vitamin B12: 0.77µg (12.9%), Folate: 47.29µg (11.82%), Vitamin B2: 0.19mg (11.3%), Vitamin B1: 0.15mg (10.16%), Vitamin B5: 0.86mg (8.6%), Calcium: 84.43mg (8.44%)