



Flank Steak Tortitas

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1.5 lb beef flank steak
- ☐ 2 tablespoons jalapeño chilies fresh minced
- ☐ 0.3 cup garlic chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons oregano leaves dried fresh

- ☐ 0.8 lb onion red
- ☐ 16 oval rolls (2 in. wide)

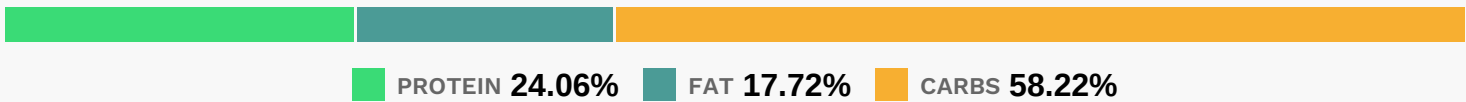
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill
- ☐ spatula

Directions

- ☐ In a blender or food processor, whirl garlic, green onions, chilies, cumin, oregano, and vinegar until coarsely pured.
- ☐ Rinse flank steak and pat dry. Rub garlic mixture over meat.
- ☐ Peel red onion; cut crosswise into 1/2-inch slices. Rub lightly with olive oil.
- ☐ Cut rolls almost in half horizontally, leaving attached on one side. Pile into a basket.
- ☐ Lay steak and onion slices on a barbecue grill over a solid bed of very hot coals or high heat on a gas grill (you can hold your hand at grill level only 1 to 2 seconds); close lid on gas grill. Cook meat, turning to brown evenly, until as done as desired in center of thickest part (cut to test), 12 to 15 minutes for rare, about 20 minutes for medium-rare. Grill onion slices, turning with a wide spatula, until lightly browned on each side, about 13 minutes.
- ☐ Transfer meat and onion to a carving board.
- ☐ Serve hot, warm, or cool.
- ☐ Cut beef across the grain into thin, slanting slices. Tuck slices of meat and pieces of red onion into rolls. Spoon chipotle crema into rolls, and add tomatillo slices, if desired.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:47.77, Inflammation Score:-8, Nutrition Score:16.640434669412%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg

Nutrients (% of daily need)

Calories: 506.45kcal (25.32%), Fat: 9.86g (15.16%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 72.86g (24.29%), Net Carbohydrates: 69.14g (25.14%), Sugar: 11.51g (12.79%), Cholesterol: 51.03mg (17.01%), Sodium: 635.55mg (27.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.12g (60.23%), Iron: 23.56mg (130.9%), Selenium: 26.03µg (37.19%), Vitamin B6: 0.66mg (32.76%), Vitamin B3: 5.52mg (27.62%), Zinc: 3.46mg (23.08%), Vitamin K: 23.11µg (22.01%), Phosphorus: 198.42mg (19.84%), Fiber: 3.72g (14.87%), Vitamin C: 11.08mg (13.44%), Vitamin B12: 0.77µg (12.9%), Potassium: 423.18mg (12.09%), Manganese: 0.23mg (11.41%), Magnesium: 30.91mg (7.73%), Calcium: 76.52mg (7.65%), Vitamin B2: 0.13mg (7.62%), Folate: 27.11µg (6.78%), Vitamin B1: 0.1mg (6.61%), Vitamin B5: 0.64mg (6.37%), Copper: 0.11mg (5.63%), Vitamin E: 0.7mg (4.66%), Vitamin A: 123.68IU (2.47%)