



## Grilled Beef Salad Tacos

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 lb fat-trimmed beef flank steak shaved
- 2 jalapeno cut into 1/2 inch chunks
- 1 onion quartered
- 9 oz from 1 bottle old el mild taco sauce
- 3 tablespoons juice of lime
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 1.5 cups watercress
- 1 bunch radishes sliced

- 2 avocado diced
- 0.5 cup mexican cheese blend mixed shredded

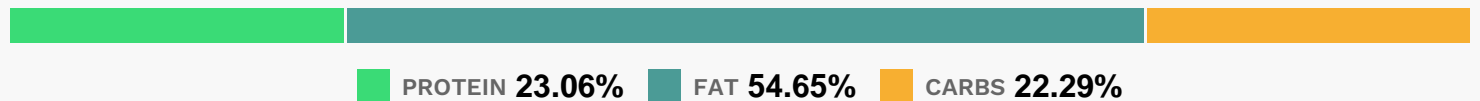
## Equipment

- grill
- tongs

## Directions

- Place the steak, jalapenos, taco sauce, onion and lime juice in a resealable bag or marinating container. Marinate overnight or up to 48 hours
- Prepare your grill according to manufacturer's instructions. Spray a grill basket with nonstick grill spray.
- Add the contents of the marinating container. Using tongs, continuously toss the meat until it is fully cooked and starting to crisp around the edges.
- Divide the meat, onions and peppers among the tortillas. Top with watercress, radish, avocados and cheese.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.25, Glycemic Load:10.56, Inflammation Score:-8, Nutrition Score:36.795217332633%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.82mg, Quercetin:

9.82mg, Quercetin: 9.82mg, Quercetin: 9.82mg

## Nutrients (% of daily need)

Calories: 769.46kcal (38.47%), Fat: 47.61g (73.24%), Saturated Fat: 16.94g (105.89%), Carbohydrates: 43.68g (14.56%), Net Carbohydrates: 33.94g (12.34%), Sugar: 4.89g (5.44%), Cholesterol: 117.06mg (39.02%), Sodium: 620.99mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.21g (90.42%), Selenium: 57.33µg (81.9%), Zinc: 10.34mg (68.94%), Vitamin B3: 12.98mg (64.92%), Vitamin K: 61.7µg (58.76%), Vitamin B6: 1.07mg (53.59%), Phosphorus: 506.14mg (50.61%), Vitamin B12: 3µg (49.93%), Vitamin B2: 0.78mg (45.87%), Fiber: 9.74g (38.96%), Folate: 155.47µg (38.87%), Vitamin C: 31.09mg (37.69%), Vitamin B1: 0.54mg (36.25%), Potassium: 1225.2mg (35.01%), Iron: 6.12mg (33.99%), Manganese: 0.58mg (29.03%), Magnesium: 106.36mg (26.59%), Calcium: 242.91mg (24.29%), Copper: 0.42mg (21.03%), Vitamin E: 2.52mg (16.82%), Vitamin B5: 1.66mg (16.56%), Vitamin A: 753.87IU (15.08%), Vitamin D: 0.24µg (1.6%)