



 **51%**
HEALTH SCORE

Grilled Beef Salad Tacos

READY IN



1465 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado diced
- 8 flour tortilla soft for tacos & fajitas
- 0.5 cup sauce hot
- 2 jalapeno cut into 1/2 inch chunks
- 3 tablespoons juice of lime
- 0.5 cup mexican cheese blend mixed shredded
- 1 onion quartered
- 1 bunch radishes sliced
- 1.5 lb fat-trimmed beef flank steak shaved

1.5 cups watercress

Equipment

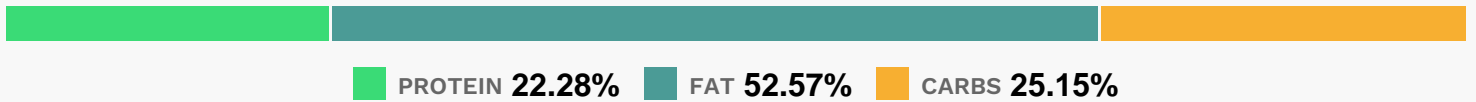
grill

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:10.85, Inflammation Score:-8, Nutrition Score:36.385652194852%

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: 803.65kcal (40.18%), Fat: 47.73g (73.42%), Saturated Fat: 17g (106.24%), Carbohydrates: 51.39g (17.13%), Net Carbohydrates: 41.58g (15.12%), Sugar: 11.8g (13.11%), Cholesterol: 117.06mg (39.02%), Sodium: 988.58mg (42.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.5g (91%), Selenium: 57.75µg (82.5%), Zinc: 10.22mg (68.15%), Vitamin B3: 12.94mg (64.7%), Vitamin K: 61.84µg (58.89%), Vitamin B6: 1.07mg (53.64%), Phosphorus: 503.64mg (50.36%), Vitamin B12: 3µg (49.93%), Vitamin B2: 0.79mg (46.18%), Folate: 157.24µg (39.31%), Fiber: 9.81g (39.22%), Vitamin C: 31.09mg (37.69%), Vitamin B1: 0.55mg (36.89%), Potassium: 1172.06mg (33.49%), Iron: 5.89mg (32.74%), Manganese: 0.53mg (26.31%), Calcium: 230.99mg (23.1%), Magnesium: 90.19mg (22.55%), Copper: 0.42mg (21.13%), Vitamin E: 2.52mg (16.82%), Vitamin B5: 1.66mg (16.59%), Vitamin A: 753.87IU (15.08%), Vitamin D: 0.24µg (1.6%)