



HEALTH SCORE

57%

Grilled Flank Steak Soft Tacos with Avocado-Lime Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon chipotle sauce
- ☐ 1 tablespoon chili powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 pound flank steak trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 2 cups cabbage green very thinly sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 2 teaspoons lime zest grated
- ☐ 0.3 teaspoon hot sauce hot (such as Tabasco)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup tomatoes finely chopped
- ☐ 0.3 cup onion sweet finely chopped

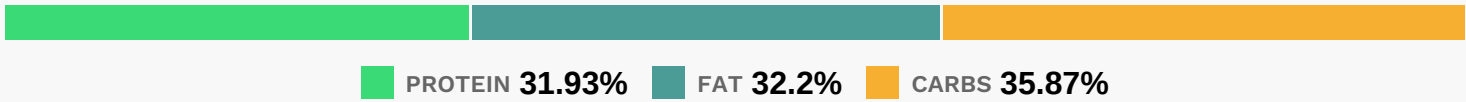
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ To prepare steak, combine first 5 ingredients in a small bowl. Score a diamond pattern on both sides of steak. Rub chili powder mixture evenly over steak. Cover and chill 1 hour.
- ☐ Prepare grill to medium-high heat.
- ☐ Place steak on a grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ To prepare salsa, combine avocado and next 7 ingredients (through pepper sauce) in a medium bowl.
- ☐ Warm tortillas according to package directions. Spoon steak mixture evenly over each of 8 tortillas. Top each taco with 1/4 cup salsa and 1/4 cup cabbage.

Nutrition Facts



Properties

Glycemic Index:75.13, Glycemic Load:11.17, Inflammation Score:-8, Nutrition Score:24.126521732496%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 357.25kcal (17.86%), Fat: 13.1g (20.15%), Saturated Fat: 3.47g (21.67%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 24.71g (8.98%), Sugar: 3.79g (4.21%), Cholesterol: 68.04mg (22.68%), Sodium: 571.51mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.44%), Selenium: 37.38µg (53.4%), Vitamin B6: 1.03mg (51.35%), Vitamin B3: 9.02mg (45.09%), Phosphorus: 439.23mg (43.92%), Vitamin K: 43.56µg (41.49%), Zinc: 5.49mg (36.62%), Fiber: 8.12g (32.46%), Vitamin C: 24.11mg (29.23%), Potassium: 863.23mg (24.66%), Magnesium: 85.89mg (21.47%), Vitamin A: 988.89IU (19.78%), Manganese: 0.39mg (19.51%), Iron: 3.26mg (18.12%), Folate: 72.09µg (18.02%), Vitamin B12: 1.03µg (17.2%), Vitamin B2: 0.26mg (15.13%), Vitamin E: 2.27mg (15.1%), Copper: 0.29mg (14.59%), Vitamin B5: 1.44mg (14.42%), Vitamin B1: 0.2mg (13.4%), Calcium: 99.47mg (9.95%)