



Grilled-Steak Soft Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 1 cup avocado diced peeled
- ☐ 1 cup cilantro leaves
- ☐ 4 ears corn
- ☐ 2 pound flank steak trimmed
- ☐ 8 8-inch flour tortilla fat-free ()
- ☐ 6 garlic clove minced
- ☐ 2 tablespoons ground coriander

- ☐ 2 tablespoons ground cumin
- ☐ 0.5 cup jalapeno seeded sliced (4 peppers)
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup juice of lime fresh (8 limes)
- ☐ 8 lime wedges
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups onion red thinly sliced
- ☐ 1 cup tomatoes chopped

Equipment

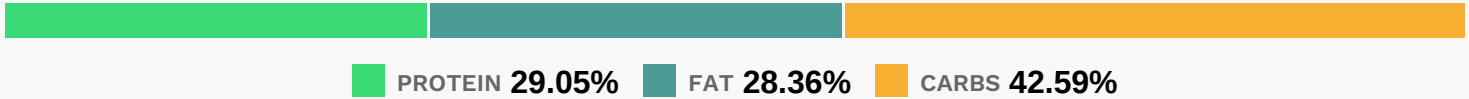
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Combine lime juice and steak in a large zip-top plastic bag, and seal bag. Marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove steak from bag; discard marinade.
- ☐ Combine cumin and next 4 ingredients (cumin through garlic); rub over both sides of steak.
- ☐ Place steak on a grill rack coated with cooking spray; grill 8 minutes on each side or until desired degree of doneness.
- ☐ Place on a cutting board; cover loosely with foil.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Place corn on grill rack coated with cooking spray; grill 8 minutes or until tender, turning occasionally.
- ☐ Cut kernels from ears of corn; discard cobs.

- ☐ Heat tortillas according to package directions. Divide steak evenly among tortillas; top each serving with about 1/4 cup corn, 1/4 cup arugula, 1/4 cup onion, 2 tablespoons cilantro, 2 tablespoons tomato, 2 tablespoons avocado, and 1 tablespoon jalapeo. Fold tortillas in half.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:9.91, Inflammation Score:-8, Nutrition Score:26.618695507879%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 10.45mg, Hesperetin: 10.45mg, Hesperetin: 10.45mg, Hesperetin: 10.45mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 428.79kcal (21.44%), Fat: 13.88g (21.35%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 40.38g (14.68%), Sugar: 8.24g (9.16%), Cholesterol: 68.04mg (22.68%), Sodium: 598.17mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.97%), Selenium: 46.26µg (66.09%), Vitamin B3: 10.9mg (54.48%), Vitamin B6: 0.95mg (47.67%), Phosphorus: 428.73mg (42.87%), Vitamin C: 33.8mg (40.97%), Zinc: 5.28mg (35.23%), Vitamin B1: 0.48mg (32.11%), Iron: 5.58mg (30.99%), Manganese: 0.6mg (30.09%), Folate: 119.48µg (29.87%), Potassium: 915.36mg (26.15%), Fiber: 6.52g (26.09%), Vitamin K: 24.04µg (22.9%), Vitamin B2: 0.37mg (21.68%), Magnesium: 81.91mg (20.48%), Vitamin B12: 1.03µg (17.2%), Calcium: 160.22mg (16.02%), Vitamin B5: 1.59mg (15.89%), Copper: 0.29mg (14.34%), Vitamin A: 625.78IU (12.52%), Vitamin E: 1.29mg (8.59%)