



HEALTH SCORE

62%

Guacamole Tacos with Tomatillo and Steak Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon aniseed generous ()



4 chiles de árbol dried



3 large avocados pitted halved



12 corn tortillas



0.5 cup cilantro leaves fresh packed finely chopped ()



2 garlic cloves peeled



2 ounces guajillo chiles* deveined seeded

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon oregano dried generous () (preferably Mexican)
- ☐ 1 teaspoon salt
- ☐ 1 pound skirt steak cut into 1/3-inch cubes
- ☐ 1 pound tomatillos husked rinsed (10)
- ☐ 0.3 cup vegetable oil
- ☐ 4 cups water divided ()
- ☐ 0.3 cup onion white finely chopped

Equipment

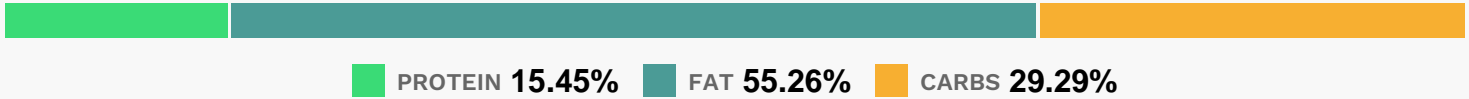
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place all chiles in medium saucepan, then add tomatillos and 3 cups water. Cover and boil until chiles and tomatillos are soft, stirring occasionally, about 10 minutes. Cool and drain.
- ☐ Combine tomatillo mixture, garlic, aniseed, and oregano in processor; blend until smooth. Strain, discarding solids. Wipe same saucepan clean.
- ☐ Add 2 tablespoons olive oil; heat over medium-high heat.
- ☐ Add strained sauce; simmer 5 minutes, then add 1 cup water. Bring to boil.
- ☐ Add chopped steak; reduce heat to medium-low and cook until sauce lightly coats back of spoon, adding more water by teaspoonfuls if sauce is too thick (consistency is similar to thin Bolognese), about 15 minutes. Season to taste with salt. DO AHEAD Sauce can be made 1 day ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm before serving.
- ☐ Using spoon, scoop out avocado flesh and place in medium bowl.
- ☐ Add cilantro, onion, and 1 teaspoon salt; coarsely mash with fork.
- ☐ Heat vegetable oil in small skillet over medium-high heat.

- ☐ Add 1 tortilla at a time and cook until slightly softened, about 5 seconds per side.
- ☐ Transfer to paper towels to drain.
- ☐ Place 2 tablespoons guacamole in center of each tortilla; roll up.
- ☐ Place on plates, seam side down.
- ☐ Pour warm meat sauce over tacos to cover and serve.

Nutrition Facts



Properties

Glycemic Index:47.38, Glycemic Load:16.55, Inflammation Score:-10, Nutrition Score:45.555651861688%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 858.35kcal (42.92%), Fat: 55.47g (85.34%), Saturated Fat: 10.03g (62.68%), Carbohydrates: 66.17g (22.06%), Net Carbohydrates: 44.46g (16.17%), Sugar: 12.62g (14.03%), Cholesterol: 71.44mg (23.81%), Sodium: 729.95mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.89g (69.78%), Vitamin K: 97µg (92.38%), Vitamin A: 4384.86IU (87.7%), Fiber: 21.71g (86.84%), Vitamin B3: 13.65mg (68.26%), Zinc: 9.77mg (65.12%), Vitamin B6: 1.27mg (63.48%), Phosphorus: 572.39mg (57.24%), Potassium: 1820.27mg (52.01%), Vitamin B2: 0.83mg (49.1%), Manganese: 0.91mg (45.68%), Selenium: 31.68µg (45.26%), Vitamin E: 6.54mg (43.62%), Vitamin C: 34.73mg (42.09%), Magnesium: 165.24mg (41.31%), Vitamin B12: 2.42µg (40.26%), Folate: 148.33µg (37.08%), Copper: 0.68mg (33.84%), Vitamin B5: 3.18mg (31.82%), Iron: 5.59mg (31.08%), Vitamin B1: 0.31mg (20.92%), Calcium: 119.3mg (11.93%)