



Jerk Steak Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 pounds flank steak
- ☐ 8 8-inch flour tortillas warmed
- ☐ 1 garlic clove
- ☐ 1 bunch green onions
- ☐ 4 green onions coarsely chopped
- ☐ 1 tablespoon ground allspice
- ☐ 0.5 teaspoon ground nutmeg

- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 jalapeno seeded
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 teaspoon salt
- ☐ 4 large tomatoes

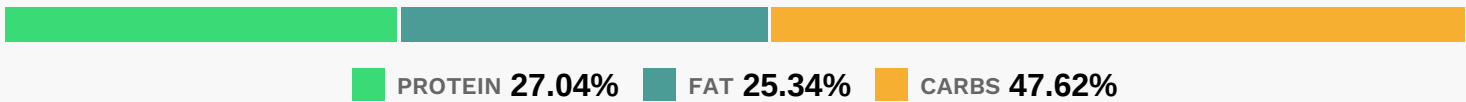
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill

Directions

- ☐ Process first 8 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Spread seasoning mixture evenly over steak; cover and chill 8 hours.
- ☐ Grill steak, covered with grill lid, over medium-high heat (350 to 400°F)
- ☐ to 7 minutes on each side or to desired degree of doneness.
- ☐ Let stand 10 minutes; cut into thin slices.
- ☐ Coat 1 bunch green onions and tomatoes evenly with cooking spray; sprinkle with salt.
- ☐ Grill, covered with grill lid, over medium-high heat 10 to 15 minutes, turning occasionally. Coarsely chop vegetables.
- ☐ Serve with steak in warm tortillas.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:9.17, Inflammation Score:-8, Nutrition Score:16.639999887218%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 258.37kcal (12.92%), Fat: 7.26g (11.17%), Saturated Fat: 2.75g (17.22%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 27.25g (9.91%), Sugar: 4.68g (5.21%), Cholesterol: 34.02mg (11.34%), Sodium: 484.97mg (21.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.87%), Selenium: 28.26µg (40.37%), Vitamin B3: 6.44mg (32.22%), Vitamin K: 32.77µg (31.21%), Phosphorus: 248.05mg (24.8%), Vitamin B6: 0.47mg (23.52%), Vitamin B1: 0.34mg (22.71%), Vitamin C: 17.93mg (21.74%), Manganese: 0.42mg (21.16%), Folate: 76.42µg (19.1%), Vitamin A: 929.47IU (18.59%), Iron: 3.34mg (18.55%), Zinc: 2.66mg (17.75%), Potassium: 519.65mg (14.85%), Vitamin B2: 0.24mg (13.99%), Fiber: 3.45g (13.8%), Calcium: 111.14mg (11.11%), Magnesium: 37.87mg (9.47%), Vitamin B12: 0.52µg (8.6%), Copper: 0.17mg (8.28%), Vitamin E: 0.82mg (5.49%), Vitamin B5: 0.54mg (5.41%)