



Korean-Style Beef Tacos



Gluten Free



Dairy Free

READY IN



88 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pickled cabbage quick
- ☐ 1.5 tablespoons chile paste (such as sambal oelek)
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 tablespoon sesame oil dark
- ☐ 12 ounces flank steak sliced thin
- ☐ 4 garlic cloves minced
- ☐ 3 tablespoons green onions sliced
- ☐ 1 tablespoon juice of lime fresh

- ☐ 5 tablespoons lower-sodium soy sauce
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar

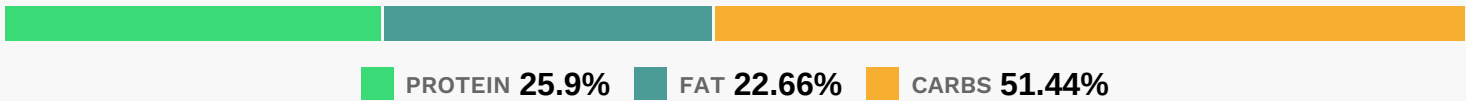
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 6 ingredients in a shallow dish.
- ☐ Add steak to dish; cover. Marinate in refrigerator for 1 hour, turning after 30 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Remove steak from marinade, and discard marinade. Thread steak onto 8 (8-inch) skewers; sprinkle with salt.
- ☐ Place skewers on grill rack coated with cooking spray. Grill 2 minutes on each side or until desired degree of doneness. Grill tortillas 30 seconds on each side or until lightly charred; keep warm.
- ☐ Place 2 tortillas on each of 4 plates, and divide steak evenly among tortillas. Divide the Quick Pickled Cabbage evenly among tacos; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:56.65, Glycemic Load:23.06, Inflammation Score:-6, Nutrition Score:20.151304234629%

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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 366.97kcal (18.35%), Fat: 9.46g (14.56%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 42.94g (15.62%), Sugar: 20.17g (22.41%), Cholesterol: 51.03mg (17.01%), Sodium: 876.42mg (38.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.67%), Vitamin K: 64.16µg (61.1%), Selenium: 29.19µg (41.71%), Vitamin B6: 0.8mg (39.91%), Phosphorus: 396.38mg (39.64%), Vitamin C: 29.49mg (35.74%), Vitamin B3: 6.61mg (33.07%), Zinc: 4.29mg (28.6%), Manganese: 0.43mg (21.73%), Fiber: 5.39g (21.56%), Magnesium: 81.02mg (20.26%), Potassium: 627.52mg (17.93%), Iron: 2.73mg (15.15%), Folate: 56.5µg (14.13%), Vitamin B2: 0.22mg (13.08%), Vitamin B12: 0.77µg (12.9%), Vitamin B1: 0.18mg (11.71%), Calcium: 104.59mg (10.46%), Copper: 0.19mg (9.4%), Vitamin B5: 0.83mg (8.31%), Vitamin E: 0.68mg (4.52%), Vitamin A: 128.59IU (2.57%)