



Light Tacos

 Dairy Free

READY IN



78 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado pitted peeled thinly sliced
- 1 head boston lettuce separated
- 2.3 pound flank steak
- 2 teaspoons cilantro leaves fresh chopped
- 4 cloves garlic divided smashed halved
- 1 green onion thinly sliced
- 1 juice of lime juiced
- 1 cup light-colored beer

- 0.3 cup soya sauce low-sodium
- 0.5 onion divided peeled thinly sliced
- 1 cranberry-orange relish divided unpeeled thinly sliced
- 8 servings salt and pepper black freshly ground
- 0.5 serrano chile minced seeded

Equipment

- bowl
- plastic wrap
- baking pan
- grill
- grill pan
- cutting board

Directions

- Watch how to make this recipe.
- For the steak: Scatter half the orange slices, half the onion slices, and half the garlic pieces on the bottom of a glass dish large enough to hold the flank steak.
- Sprinkle the flank steak all over with salt and pepper and place in the prepared baking dish. Scatter the remaining oranges, onions, and garlic over the flank steak and pour the beer over. Cover with plastic wrap and let stand for 1 hour at room temperature or overnight in the fridge.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- Remove the meat from the marinade. Discard the marinade. Grill the steak to desired doneness, about 4 minutes per side for medium-rare.
- Let the steak rest for 10 minutes.
- Transfer the grilled flank steak to a cutting board and cut crosswise into strips.
- For the salsa: In a small bowl mix together the salsa ingredients.
- To assemble: Using the butter lettuce leaves, make tacos using slices of flank steak and avocados.

Drizzle with the salsa.

Cook's Note: The marinated steak can also be broiled.

Nutrition Facts

PROTEIN 49.45% **FAT 38.4%** **CARBS 12.15%**

Properties

Glycemic Index:29.44, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:18.838695691979%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 246.71kcal (12.34%), Fat: 10.19g (15.68%), Saturated Fat: 3.2g (20%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 4.64g (1.69%), Sugar: 2.39g (2.65%), Cholesterol: 76.54mg (25.51%), Sodium: 454.99mg (19.78%), Alcohol: 0.91g (100%), Alcohol %: 0.48% (100%), Protein: 29.53g (59.07%), Selenium: 38.38µg (54.82%), Vitamin B6: 0.92mg (46.07%), Vitamin B3: 8.78mg (43.88%), Zinc: 5.23mg (34.84%), Phosphorus: 306.64mg (30.66%), Vitamin K: 31.12µg (29.63%), Potassium: 705.79mg (20.17%), Vitamin B12: 1.17µg (19.45%), Vitamin C: 14.54mg (17.62%), Folate: 65.97µg (16.49%), Vitamin A: 771.2IU (15.42%), Iron: 2.6mg (14.46%), Vitamin B2: 0.23mg (13.78%), Vitamin B5: 1.29mg (12.92%), Magnesium: 50.37mg (12.59%), Fiber: 2.62g (10.47%), Vitamin B1: 0.15mg (9.9%), Manganese: 0.19mg (9.38%), Copper: 0.17mg (8.49%), Vitamin E: 1.02mg (6.82%), Calcium: 54.26mg (5.43%)