




 **60%**
HEALTH SCORE

Skirt Steak Tacos with Roasted Tomato Salsa


 Very Healthy

READY IN




30 min.

SERVINGS



4

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced pitted ripe peeled halved
- 2 tablespoons canola oil
- 2 tablespoons canola oil plus more for brushing tomatoes
- 8 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic peeled
- 2 juice of lime juiced
- 6 plum tomatoes halved seeded

- 1 medium onion red thinly sliced
- 1 small onion red coarsely chopped
- 0.5 head romaine lettuce shredded
- 4 servings salt and pepper black freshly ground
- 2 serrano chiles
- 1.5 pounds skirt steak
- 8 ounces cup heavy whipping cream sour

Equipment

- food processor
- bowl
- frying pan
- grill
- aluminum foil
- grill pan

Directions

- Watch how to make this recipe.
- Heat grill to high.
- Wrap tortillas in aluminum foil and on the top rack of the grill while the steak is grilling.
- Heat grill pan over high heat.
- Brush steak with oil and season with salt and pepper on both sides. Grill on one side until golden brown and slightly charred, about 3 to 4 minutes. Turn the steak over and cook to medium-rare doneness, about 3 to 4 minutes longer.
- Let rest 5 minutes then slice against the grain into 1/4-inch thick slices.
- Fill each tortilla with some lettuce, 3 to 4 pieces of meat, onion, grilled tomato salsa, sour cream, and avocado.
- Heat grill to high.
- Heat oil in a small saute pan and saute the chiles, onion, and garlic until soft.

- Brush tomatoes with oil and season with salt and pepper. Grill on both sides until slightly charred and soft.
- Transfer tomatoes and serrano mixture to a food processor; add the lime juice and salt and pepper and process until smooth.
- Add the cilantro and pulse a few times (there should be flecks of cilantro in the salsa.)
- Transfer to a bowl.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:12.11, Inflammation Score:-10, Nutrition Score:47.086087304613%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg, Quercetin: 14.56mg

Nutrients (% of daily need)

Calories: 821.98kcal (41.1%), Fat: 50.31g (77.4%), Saturated Fat: 14.37g (89.81%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 40.99g (14.91%), Sugar: 10.61g (11.79%), Cholesterol: 140.61mg (46.87%), Sodium: 589.66mg (25.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.79g (93.58%), Vitamin A: 8135.48IU (162.71%), Vitamin K: 119.79µg (114.08%), Zinc: 12.27mg (81.82%), Selenium: 54.16µg (77.36%), Vitamin B3: 14.19mg (70.97%), Vitamin B12: 3.74µg (62.37%), Folate: 239.34µg (59.84%), Vitamin B6: 1.19mg (59.29%), Vitamin B2: 0.97mg (56.99%), Phosphorus: 525.04mg (52.5%), Manganese: 0.89mg (44.45%), Potassium: 1425.53mg (40.73%), Vitamin C: 32.53mg (39.43%), Vitamin B1: 0.58mg (38.47%), Fiber: 9.45g (37.79%), Iron: 6.73mg (37.4%), Vitamin E: 4.57mg (30.49%), Magnesium: 100.59mg (25.15%), Vitamin B5: 2.28mg (22.84%), Copper: 0.44mg (22.18%), Calcium: 217.85mg (21.78%), Vitamin D: 0.17µg (1.13%)