



WHATSheATE



Steak Picadillo Soft Tacos



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper green
- ☐ 0.8 cup canned tomatoes diced with green chiles canned
- ☐ 8 corn tortillas
- ☐ 4 servings cilantro leaves fresh chopped (for garnish)
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup pimiento stuffed olives green halved drained

- ☐ 0.3 cup raisins
- ☐ 12 ounce skirt steak
- ☐ 1 tablespoon tomato paste

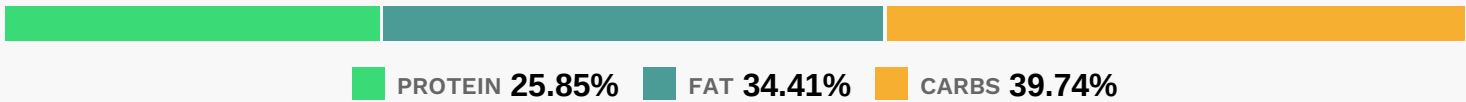
Equipment

- ☐ frying pan
- ☐ broiler

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Sprinkle steak with salt and pepper.
- ☐ Add to skillet; sauté 3 to 4minutes per side for medium-rare.
- ☐ Transfer to plate.
- ☐ Add bell pepper to skillet. Sauté 2 minutes.
- ☐ Add tomatoes with green chiles,olives, raisins, tomato paste, cumin, and allspice. Simmer until sauce is thick, stirring often, 3 to 4 minutes. Season to taste with salt, pepper, and olive brine.
- ☐ Cut steak into 1/3-inch-thick slices on diagonal across grain.
- ☐ Add steak and any juices to sauce in skillet; toss to blend.
- ☐ Char tortillas over gas flame or in broiler until blackened in spots, 15 to 20 seconds per side. Divide filling among tortillas.
- ☐ Sprinkle with cilantro and serve.
- ☐ Per serving: 401 calories, 15 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:14.23, Inflammation Score:-5, Nutrition Score:17.430434613124%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 334.77kcal (16.74%), Fat: 13.3g (20.46%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 29.26g (10.64%), Sugar: 2.54g (2.82%), Cholesterol: 53.58mg (17.86%), Sodium: 295.38mg (12.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.96%), Zinc: 6.32mg (42.12%), Phosphorus: 319.92mg (31.99%), Selenium: 22.33µg (31.9%), Vitamin B3: 6.3mg (31.49%), Vitamin B6: 0.61mg (30.38%), Vitamin B12: 1.81µg (30.19%), Vitamin C: 20.69mg (25.08%), Vitamin B2: 0.36mg (21.25%), Fiber: 5.3g (21.21%), Iron: 3.42mg (18.98%), Manganese: 0.36mg (17.91%), Magnesium: 70.79mg (17.7%), Potassium: 594.41mg (16.98%), Copper: 0.26mg (12.77%), Vitamin E: 1.73mg (11.53%), Vitamin B1: 0.15mg (9.94%), Calcium: 79.27mg (7.93%), Vitamin K: 7.02µg (6.68%), Vitamin B5: 0.63mg (6.34%), Vitamin A: 249.07IU (4.98%), Folate: 11.91µg (2.98%)