



Steak Soft Tacos

READY IN



20 min.

SERVINGS



20

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef sirloin steak boneless cut into strips
- 8 6-inch flour tortillas ()
- 1 cup rice white instant uncooked
- 1 Tbsp oil
- 1 cup taco bellâ® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft
- 1 pkg taco bellâ® taco seasoning mix
- 1 cup water

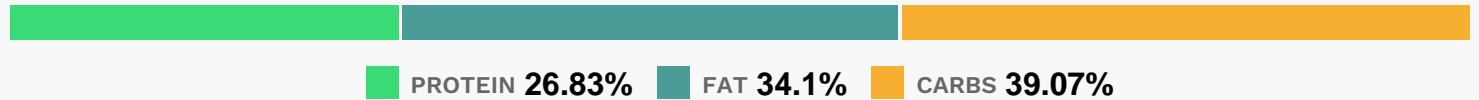
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add steak; cook and stir until lightly browned. Stir in water, salsa and seasoning mix. Bring to boil.
- Stir in rice; cover.
- Remove from heat.
- Let stand 5 min. Stir.
- Spoon steak mixture evenly onto tortillas; sprinkle with cheese. Fold up sides of tortillas to enclose filling.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:1.91, Inflammation Score:-3, Nutrition Score:5.7278260867233%

Nutrients (% of daily need)

Calories: 118.16kcal (5.91%), Fat: 4.45g (6.84%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.4g (3.78%), Sugar: 1.29g (1.43%), Cholesterol: 19.03mg (6.34%), Sodium: 365.46mg (15.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.75%), Selenium: 12.98µg (18.54%), Vitamin B3: 2.45mg (12.24%), Phosphorus: 107.68mg (10.77%), Vitamin B6: 0.18mg (9.08%), Zinc: 1.27mg (8.45%), Vitamin B1: 0.12mg (8.23%), Iron: 1.25mg (6.96%), Folate: 27.76µg (6.94%), Calcium: 67.4mg (6.74%), Manganese: 0.12mg (5.97%), Vitamin A: 283.18IU (5.66%), Vitamin B2: 0.09mg (5.37%), Vitamin B12: 0.27µg (4.55%), Fiber: 1.06g (4.26%), Potassium: 135.02mg (3.86%), Magnesium: 12.05mg (3.01%), Vitamin E: 0.39mg (2.59%), Copper: 0.05mg (2.49%), Vitamin B5: 0.24mg (2.36%), Vitamin K: 2.3µg (2.19%), Vitamin C: 1.03mg (1.25%)