



HEALTH SCORE

61%

Steak Tacos with Avocado Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



95 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium lime
- ☐ 1 tablespoon ground cumin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cloves garlic finely chopped
- ☐ 1 lb flank steak trimmed of fat
- ☐ 1 cup plum tomatoes chopped (Roma) (2 medium)
- ☐ 0.3 cup onion red chopped

- ☐ 1 avocado pitted peeled chopped
- ☐ 0.1 teaspoon salt
- ☐ 8 6-inch corn tortillas white ()

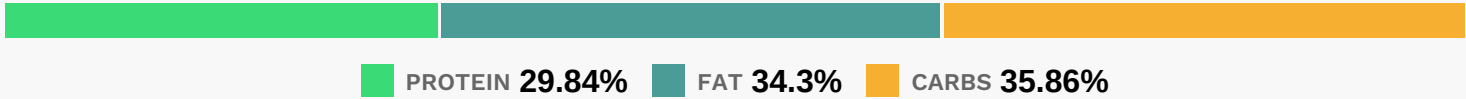
Equipment

- ☐ bowl
- ☐ oven
- ☐ ziploc bags
- ☐ measuring cup
- ☐ broiler pan

Directions

- ☐ Squeeze limes into measuring cup; reserve 1 tablespoon juice for the salsa. In heavy-duty resealable food-storage plastic bag, mix remaining lime juice (about 1/4 cup), the cumin, 1/4 teaspoon salt, the pepper and garlic.
- ☐ Add beef; seal bag and turn to coat beef. Refrigerate 1 hour to marinate, turning occasionally.
- ☐ Meanwhile, in medium bowl, mix tomatoes, onion, avocado, reserved 1 tablespoon lime juice and 1/8 teaspoon salt; toss to coat.
- ☐ Set oven control to broil.
- ☐ Remove beef from marinade; discard marinade.
- ☐ Place beef on rack in broiler pan. Broil with top 4 to 6 inches from heat 10 to 15 minutes or until desired doneness, turning once.
- ☐ Let stand 5 minutes.
- ☐ Cut diagonally across grain into very thin slices.
- ☐ Warm tortillas as directed on package. Divide steak strips among tortillas; top each with about 1/4 cup avocado salsa; fold in half.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:12.24, Inflammation Score:-7, Nutrition Score:23.546521684398%

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 Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 381.99kcal (19.1%), Fat: 15.08g (23.2%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 35.47g (11.82%), Net Carbohydrates: 26.79g (9.74%), Sugar: 3.38g (3.76%), Cholesterol: 68.04mg (22.68%), Sodium: 311.86mg (13.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.51g (59.02%), Selenium: 37.31µg (53.3%), Vitamin B6: 1.03mg (51.41%), Vitamin B3: 9.23mg (46.13%), Phosphorus: 451.58mg (45.16%), Zinc: 5.59mg (37.28%), Fiber: 8.68g (34.72%), Vitamin C: 24.2mg (29.33%), Potassium: 950.61mg (27.16%), Magnesium: 92.56mg (23.14%), Iron: 4.08mg (22.66%), Manganese: 0.43mg (21.4%), Folate: 71.71µg (17.93%), Vitamin B12: 1.03µg (17.2%), Copper: 0.34mg (16.91%), Vitamin K: 17.14µg (16.32%), Vitamin B5: 1.62mg (16.17%), Vitamin B2: 0.26mg (15.11%), Vitamin B1: 0.21mg (14.22%), Vitamin E: 1.96mg (13.08%), Vitamin A: 603.92IU (12.08%), Calcium: 108.6mg (10.86%)