



Steak Tacos with Charred Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch corn tortillas warmed ()
- ☐ 4 ears corn fresh husked
- ☐ 1 leaves feta cheese fresh crumbled
- ☐ 2 pounds flank steak
- ☐ 2 garlic cloves pressed
- ☐ 1 pound grape tomatoes
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.3 cup olive oil divided
- ☐ 1 medium size onion cut into eighths
- ☐ 1 large poblano pepper
- ☐ 7 bell peppers sweet red mini
- ☐ 2 tablespoons steak rub your favorite

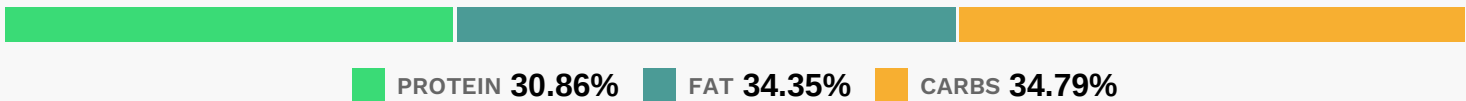
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Brush first 5 ingredients with 2 Tbsp. olive oil. Cook corn and onions in hot pan, turning occasionally, 5 to 6 minutes or until charred.
- ☐ Remove from pan. Cook peppers in pan 5 to 6 minutes or until charred.
- ☐ Remove from pan. Cook tomatoes in pan 2 to 3 minutes or until charred.
- ☐ Rub steak with steak seasoning, and cook in pan over medium-high heat 5 to 6 minutes on each side or to desired degree of doneness.
- ☐ Remove from pan, and let stand 5 minutes. Chop steak.
- ☐ Cut corn kernels from cobs, and place in a large bowl. Discard cobs. Chop onion, mini peppers, poblano, and tomatoes. Stir together garlic, next 2 ingredients, remaining 2 Tbsp. olive oil, and chopped vegetables.
- ☐ Serve steak and salsa in tortillas with desired toppings.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:11.79, Inflammation Score:-9, Nutrition Score:32.754782469376%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 493.43kcal (24.67%), Fat: 19.28g (29.65%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 36.89g (13.42%), Sugar: 9.14g (10.16%), Cholesterol: 90.72mg (30.24%), Sodium: 410.75mg (17.86%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 38.97g (77.94%), Vitamin C: 81.6mg (98.91%), Selenium: 48.5µg (69.29%), Vitamin B6: 1.36mg (67.77%), Vitamin B3: 12.23mg (61.17%), Phosphorus: 564.11mg (56.41%), Zinc: 7.08mg (47.23%), Vitamin A: 1916.2IU (38.32%), Potassium: 1117mg (31.91%), Manganese: 0.57mg (28.71%), Magnesium: 113.39mg (28.35%), Fiber: 7.04g (28.17%), Vitamin K: 28.38µg (27.03%), Iron: 4.3mg (23.91%), Vitamin B12: 1.38µg (22.93%), Vitamin B1: 0.33mg (21.82%), Folate: 82.51µg (20.63%), Vitamin E: 2.98mg (19.9%), Vitamin B2: 0.3mg (17.65%), Vitamin B5: 1.67mg (16.73%), Copper: 0.31mg (15.72%), Calcium: 108.04mg (10.8%)