



Steak Tacos with Spicy Yogurt Sauce

READY IN



105 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch cayenne pepper to taste
- 1 tablespoon dill weed dried
- 8 7-inch flour tortillas ()
- 1.3 cups cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 8 servings salt and ground pepper black to taste
- 1 juice of lime juiced
- 0.5 cup mayonnaise
- 2 tablespoons olive oil

- 1 onion finely chopped
- 1 tablespoon oregano dried
- 2 cups yogurt plain
- 8 servings salt to taste
- 1 cup mexican cheese blend shredded
- 1 pound top round steak cut into small pieces

Equipment

- bowl
- frying pan
- plastic wrap
- meat tenderizer

Directions

- Place the steak between two sheets of heavy plastic (resalable freezer bags work well) on a solid, level surface. Firmly pound the beef with the smooth side of a meat mallet to a thickness of 1/8 inch.
- Combine the olive oil, 2 tablespoons of cilantro, cumin, oregano, 1 pinch of cayenne in a large glass or ceramic bowl; season to taste with salt and pepper.
- Add the beef and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator for 30 minutes.
- Mix yogurt and mayonnaise in a separate bowl. Stir in 1 pinch of cayenne pepper, dill weed, 2 tablespoons of cilantro, lime juice, and salt. Cover the bowl with plastic wrap and refrigerate until ready to serve.
- Combine 1 1/4 cup of cilantro and onion in a bowl. Set aside.
- Heat a large skillet over medium-high heat and stir in the steak. Cook and stir until the beef is evenly browned.
- Drain and discard any excess grease.
- Heat another skillet over medium heat.
- Place one tortilla in the skillet and sprinkle with cheese and cooked steak. Top with the onion mixture, then carefully fold the tortilla in half. Cook until lightly crisp on each side. Repeat with

remaining tortillas.

Serve with yogurt sauce on the side.

Nutrition Facts

PROTEIN 20.95% **FAT 52.98%** **CARBS 26.07%**

Properties

Glycemic Index:29.5, Glycemic Load:8.08, Inflammation Score:-8, Nutrition Score:17.912174017533%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 438.37kcal (21.92%), Fat: 25.67g (39.5%), Saturated Fat: 7.8g (48.78%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 26.12g (9.5%), Sugar: 5.51g (6.13%), Cholesterol: 61.73mg (20.58%), Sodium: 773.92mg (33.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.69%), Selenium: 32.26µg (46.08%), Vitamin K: 41.29µg (39.33%), Phosphorus: 354.33mg (35.43%), Vitamin B3: 6.1mg (30.49%), Calcium: 272.1mg (27.21%), Zinc: 3.72mg (24.81%), Vitamin B6: 0.48mg (23.88%), Vitamin B1: 0.32mg (21.4%), Vitamin B2: 0.36mg (21.24%), Iron: 3.62mg (20.09%), Vitamin B12: 1.18µg (19.68%), Manganese: 0.34mg (16.93%), Folate: 64.06µg (16.01%), Potassium: 442.52mg (12.64%), Magnesium: 42.1mg (10.52%), Vitamin E: 1.4mg (9.33%), Fiber: 2.3g (9.2%), Vitamin B5: 0.8mg (8.01%), Vitamin A: 374.34IU (7.49%), Copper: 0.14mg (7.08%), Vitamin C: 3.35mg (4.07%), Vitamin D: 0.16µg (1.06%)