



Suadero Tacos with Serrano-Cilantro Salsa



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch fajita-size corn tortillas warmed ()
- ☐ 2 lb flank steak cut into 1/4-inch slices
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 servings lime wedges
- ☐ 1 teaspoon mexican oregano dried
- ☐ 1 teaspoon pepper freshly ground

- ☐ 6 servings serrano-cilantro salsa
- ☐ 1 teaspoon salt
- ☐ 6 tablespoons vegetable oil divided
- ☐ 0.5 cup onion white chopped

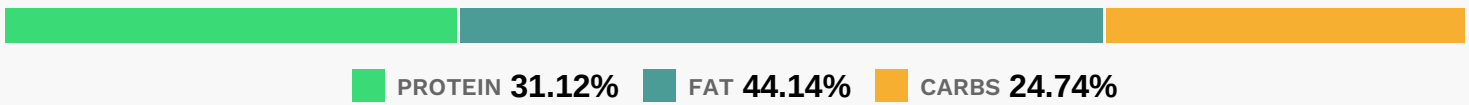
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Whisk together first 5 ingredients and 4 Tbsp. oil; drizzle lemon juice mixture over steak in a large shallow dish or zip-top plastic freezer bag. Cover or seal, and chill 1 to 12 hours.
- ☐ Remove steak from marinade, discarding marinade. Pat steak dry.
- ☐ Heat remaining 2 Tbsp. oil in a 12-inch cast-iron skillet over medium-high heat.
- ☐ Add steak, and cook, stirring occasionally, 5 to 8 minutes or to desired degree of doneness.
- ☐ Transfer steak to a cutting board, and let stand 10 minutes. Chop steak.
- ☐ Spoon steak into warm tortillas; top with chopped onion and cilantro.
- ☐ Serve with Serrano-Cilantro Salsa and lime wedges.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:10.45, Inflammation Score:-7, Nutrition Score:22.589565214903%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg, Hesperetin: 3.37mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg,

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 462.88kcal (23.14%), Fat: 22.8g (35.08%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 24.32g (8.84%), Sugar: 2.8g (3.12%), Cholesterol: 90.72mg (30.24%), Sodium: 702.64mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.18g (72.35%), Selenium: 48.27µg (68.96%), Vitamin B6: 1.12mg (56.17%), Vitamin B3: 10.63mg (53.14%), Phosphorus: 487.04mg (48.7%), Zinc: 6.6mg (43.98%), Vitamin K: 34.99µg (33.32%), Vitamin B12: 1.38µg (22.93%), Potassium: 753.96mg (21.54%), Magnesium: 80.07mg (20.02%), Iron: 3.35mg (18.59%), Fiber: 4.44g (17.77%), Manganese: 0.32mg (15.81%), Vitamin E: 2.22mg (14.8%), Vitamin B2: 0.23mg (13.52%), Vitamin C: 10.28mg (12.46%), Vitamin B1: 0.18mg (12.21%), Copper: 0.23mg (11.58%), Vitamin B5: 1.14mg (11.37%), Calcium: 96.29mg (9.63%), Folate: 31.9µg (7.98%), Vitamin A: 254.14IU (5.08%)