



Tacos al Carbon



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 1 pound flank steak trimmed thinly sliced
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 8 garlic cloves minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2.5 teaspoons olive oil
- ☐ 1.5 cups onion thinly sliced (1 medium)

- ☐ 1.5 cups bell pepper red thinly sliced (1 medium)
- ☐ 0.8 teaspoon salt
- ☐ 6 tablespoons cup heavy whipping cream fat-free sour

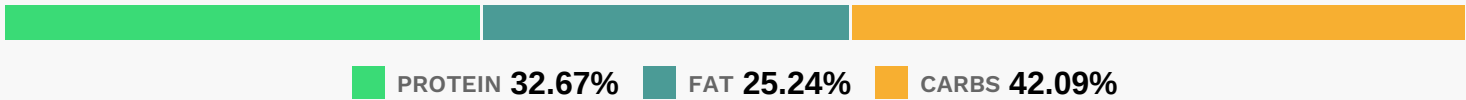
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add bell pepper to pan, and cook 4 minutes.
- ☐ Add onion to pan, and saut 10 minutes or until vegetables are tender.
- ☐ Place pepper mixture in a large bowl; cover and keep warm.
- ☐ Add beef to pan; cook 7 minutes or until desired degree of doneness.
- ☐ Add to pepper mixture.
- ☐ Add chili powder, juice, oil, salt, and garlic to bowl; toss to coat.
- ☐ Heat tortillas according to package directions. Spoon steak mixture evenly over 8 tortillas. Top each taco with about 1 teaspoon cilantro and 2 1/4 teaspoons sour cream.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:12.56, Inflammation Score:-9, Nutrition Score:26.823478242625%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg

Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

Nutrients (% of daily need)

Calories: 358.25kcal (17.91%), Fat: 10.2g (15.69%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 31.97g (11.62%), Sugar: 5.69g (6.32%), Cholesterol: 69.66mg (23.22%), Sodium: 583.63mg (25.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Vitamin C: 79.05mg (95.82%), Vitamin B6: 1.16mg (57.81%), Selenium: 39.2µg (56%), Vitamin A: 2413.25IU (48.26%), Phosphorus: 457.22mg (45.72%), Vitamin B3: 8.75mg (43.77%), Zinc: 5.52mg (36.78%), Fiber: 6.31g (25.26%), Manganese: 0.46mg (22.97%), Potassium: 781.25mg (22.32%), Magnesium: 81.76mg (20.44%), Vitamin B12: 1.09µg (18.1%), Iron: 3.23mg (17.93%), Vitamin E: 2.51mg (16.75%), Vitamin B2: 0.28mg (16.55%), Folate: 57.73µg (14.43%), Vitamin B1: 0.21mg (14.24%), Calcium: 124.63mg (12.46%), Copper: 0.24mg (11.93%), Vitamin B5: 1.08mg (10.82%), Vitamin K: 9.01µg (8.58%)