



 **66%**
HEALTH SCORE

Tacos Carne Asada

 **Gluten Free**  **Very Healthy**

READY IN



130 min.

SERVINGS



4

CALORIES



1027 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 7-inch corn tortillas ()
- 1 handful cilantro leaves fresh chopped
- 1 large handful cilantro leaves fresh finely chopped
- 3 garlic cloves minced
- 4 garlic cloves minced
- 2 green onions sliced
- 4 servings iceberg lettuce shredded for serving
- 4 servings jack cheese shredded for serving

- 1 jalapeño minced
- 1 juice of lime juiced
- 2 juice of lime juiced
- 1 juice of orange juiced
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 2 limes for serving cut in wedges
- 0.3 cup olive oil extra-virgin
- 0.5 cup olive oil
- 4 servings olive oil for coating the grill
- 0.5 medium onion red chopped
- 1 serrano chile minced
- 2 pounds skirt steak trimmed
- 4 vine-ripe tomatoes chopped
- 4 servings onion white chopped for serving
- 2 tablespoons vinegar white

Equipment

- bowl
- frying pan
- plastic wrap
- baking pan
- grill
- broiler
- mortar and pestle
- grill pan
- cutting board

Directions

- Watch how to make this recipe.
- Lay the flank steak in a large baking dish and pour the mojo over it. Wrap tightly in plastic wrap and refrigerate for 1 hour or up to 8 hours, so the flavors can sink into the meat. Don't marinate the steak for more than 8 hours though, or the fibers break down too much and the meat gets mushy.
- Preheat an outdoor grill or a ridged grill pan over medium-high flame (you can also use a broiler).
- Brush the grates with a little oil to prevent the meat from sticking. Pull the steak out of the mojo marinade and season the steak on both sides with salt and pepper. Grill (or broil) the steak for 7 to 10 minutes per side, turning once, until medium-rare.
- Remove the steak to a cutting board and let it rest for 5 minutes to allow the juices to settle. Thinly slice the steak across the grain on a diagonal.
- Warm the tortillas for 30 seconds on each side in a dry skillet or on the grill, until toasty and pliable.
- To make the tacos, stack up 2 of the warm tortillas, lay about 4 ounces of beef down the center, and sprinkle with some lettuce, onion, and cheese. Top each taco with a spoonful of the Pico de Gallo salsa and garnish with lime wedges. Repeat with the remaining tortillas.
- In a mortar and pestle or bowl, mash together the garlic, jalapeno, cilantro, salt, and pepper to make a paste.
- Put the paste in a glass jar or plastic container.
- Add the lime juice, orange juice, vinegar, and oil. Shake it up really well to combine. Use as a marinade for chicken or beef or as a table condiment.

Nutrition Facts



Properties

Glycemic Index:138.88, Glycemic Load:30.97, Inflammation Score:-9, Nutrition Score:49.813478169234%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 18.22mg, Hesperetin: 18.22mg, Hesperetin: 18.22mg, Hesperetin: 18.22mg Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg

Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg, Quercetin: 18.43mg

Nutrients (% of daily need)

Calories: 1027.24kcal (51.36%), Fat: 54.39g (83.68%), Saturated Fat: 11.7g (73.15%), Carbohydrates: 82.35g (27.45%), Net Carbohydrates: 68.76g (25%), Sugar: 11.69g (12.99%), Cholesterol: 143.77mg (47.92%), Sodium: 819.39mg (35.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.41g (120.82%), Zinc: 16.99mg (113.29%), Phosphorus: 860.37mg (86.04%), Selenium: 59.56µg (85.09%), Vitamin B6: 1.62mg (80.9%), Vitamin B12: 4.84µg (80.65%), Vitamin B3: 16.09mg (80.45%), Vitamin K: 74.72µg (71.16%), Vitamin C: 56.56mg (68.56%), Manganese: 1.1mg (54.92%), Fiber: 13.59g (54.35%), Vitamin B2: 0.91mg (53.64%), Magnesium: 181.45mg (45.36%), Potassium: 1579.67mg (45.13%), Vitamin E: 6.53mg (43.52%), Iron: 7.15mg (39.73%), Vitamin A: 1806.8IU (36.14%), Copper: 0.58mg (28.95%), Vitamin B1: 0.42mg (28.04%), Folate: 86.88µg (21.72%), Calcium: 205.33mg (20.53%), Vitamin B5: 1.93mg (19.28%), Vitamin D: 0.23µg (1.55%)