



## Taqueria Style Tacos

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

READY IN



**85 min.**

SERVINGS



**6**

CALORIES



**870 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon chili powder
- 32 ounce corn tortillas
- 2 cups cotija cheese grated
- 3 lbs flank steak
- 0.5 cup cilantro leaves fresh chopped
- 4 garlic clove minced
- 4 garlic clove peeled
- 1 teaspoon garlic powder

- 1 teaspoon ground cumin
- 1 teaspoon pepper black
- 2 jalapeno chopped
- 1 juice of lime
- 2 juice of lime
- 2 lime cut into wedges
- 0.5 cup olive oil
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 pinch salt and pepper to taste
- 0.5 cup soya sauce
- 2 large tomatoes chopped
- 1 onion white chopped
- 1 onion white quartered
- 1 teaspoon pepper white
- 0.3 cup vinegar white

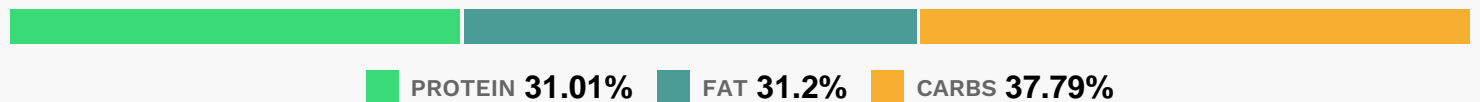
## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender
- plastic wrap
- microwave
- glass baking pan

## Directions

- Lay the flank steak in a large glass baking dish. In a medium bowl, whisk together the vinegar, soy sauce, 4 cloves of garlic, juice of two limes, and olive oil. Season with salt, black pepper, white pepper, garlic powder, chili powder, oregano, cumin and paprika.
- Whisk until well blended, then pour over the steak in the dish. Turn over once to coat both sides. Cover with plastic wrap, and marinate for 1 to 8 hours. In a small bowl, stir together 1 chopped white onion, cilantro, and the juice of 1 lime. Set aside to use as a relish for the tacos.
- Heat a skillet over medium-high heat. Toast chile pods in the skillet for a few minutes, then remove to a bowl of water to soak for about 30 minutes. Preheat the oven to 450 degrees F (230 degrees C).
- Place the tomatoes, 1 onion, jalapenos, and 4 cloves of garlic onto a baking sheet. Roast in the oven for about 20 minutes, until toasted but not burnt.
- Place the roasted vegetables, and soaked chile pods into a blender or food processor, along with salt and pepper. Puree until smooth.
- Heat vegetable oil in a large skillet over medium-high heat.
- Cut the marinated flank steak into cubes or strips. Cook, stirring constantly, until the meat is cooked through and most of the liquid has evaporated. Warm the tortillas in a skillet for about a minute on each side to make them pliable. Tortillas may also be warmed in a microwave oven. Arrange two or three tortillas on a plate, and lay a generous amount of beef over them. Top with a sprinkle of the onion relish and a large spoonful of the pureed salsa.
- Add as much cheese as you like.
- Garnish with lime wedges, and serve.

## Nutrition Facts



## Properties

Glycemic Index:75.42, Glycemic Load:32.34, Inflammation Score:-9, Nutrition Score:45.470000313676%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 10.95mg, Hesperetin: 10.95mg, Hesperetin: 10.95mg Naringenin: 1.23mg, Naringenin: 1.23mg,

Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg  
Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin:  
1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg,  
Kaempferol: 0.3mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.97mg,  
Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

## **Nutrients (% of daily need)**

Calories: 869.94kcal (43.5%), Fat: 30.48g (46.89%), Saturated Fat: 12.62g (78.86%), Carbohydrates: 83.05g  
(27.68%), Net Carbohydrates: 70.46g (25.62%), Sugar: 5.78g (6.43%), Cholesterol: 180.58mg (60.19%), Sodium:  
2246mg (97.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.17g (136.34%), Selenium: 85.01µg  
(121.44%), Phosphorus: 1173.76mg (117.38%), Vitamin B6: 2.16mg (108.08%), Vitamin B3: 18.33mg (91.66%), Zinc:  
12.53mg (83.54%), Vitamin B2: 0.86mg (50.6%), Fiber: 12.59g (50.38%), Magnesium: 195.53mg (48.88%), Vitamin  
B12: 2.91µg (48.48%), Manganese: 0.94mg (46.78%), Calcium: 467.3mg (46.73%), Potassium: 1434.09mg (40.97%),  
Iron: 7.24mg (40.21%), Vitamin C: 29.28mg (35.49%), Vitamin B1: 0.46mg (30.77%), Copper: 0.55mg (27.41%),  
Vitamin B5: 2.38mg (23.85%), Vitamin A: 1154.16IU (23.08%), Folate: 79.49µg (19.87%), Vitamin K: 19.27µg (18.36%),  
Vitamin E: 2.61mg (17.42%), Vitamin D: 0.2µg (1.33%)