



Taqueria Style Tacos-Carne Asada

 Gluten Free  Dairy Free

READY IN



115 min.

SERVINGS



10

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon chili powder
- 10 corn tortillas
- 4 chilies dried
- 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
- 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.
- Place the tomatoes, 1 onion, jalapeos, 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. Top with a sprinkle of the onion relish and a large spoonful of the pureed salsa.

Nutrition Facts

 **PROTEIN 44.51%**  **FAT 30.39%**  **CARBS 25.1%**

Properties

Glycemic Index:39.35, Glycemic Load:6.24, Inflammation Score:-7, Nutrition Score:19.710434602654%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.33mg, Quercetin: 5.33mg,

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Nutrients (% of daily need)

Calories: 298.01kcal (14.9%), Fat: 9.98g (15.35%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 15.38g (5.59%), Sugar: 2.76g (3.06%), Cholesterol: 81.65mg (27.22%), Sodium: 976.39mg (42.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.76%), Selenium: 42.51µg (60.73%), Vitamin B6: 1.02mg (51.19%), Vitamin B3: 9.72mg (48.61%), Phosphorus: 397.85mg (39.78%), Zinc: 5.79mg (38.63%), Vitamin B12: 1.24µg (20.64%), Potassium: 711.55mg (20.33%), Iron: 3.28mg (18.24%), Manganese: 0.34mg (17.13%), Vitamin C: 13.73mg (16.64%), Magnesium: 64.4mg (16.1%), Vitamin B2: 0.22mg (12.98%), Fiber: 3.16g (12.65%), Vitamin A: 610.88IU (12.22%), Vitamin B1: 0.17mg (11.07%), Vitamin K: 11.16µg (10.63%), Copper: 0.21mg (10.57%), Vitamin B5: 1.04mg (10.43%), Vitamin E: 1.31mg (8.73%), Folate: 33.89µg (8.47%), Calcium: 75.73mg (7.57%)