



Thai Beef Tacos with Lime-Cilantro Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon sriracha (such as Lee Kum Kee)
- ☐ 1.5 teaspoons fish sauce
- ☐ 1 pound flank steak trimmed
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon sugar

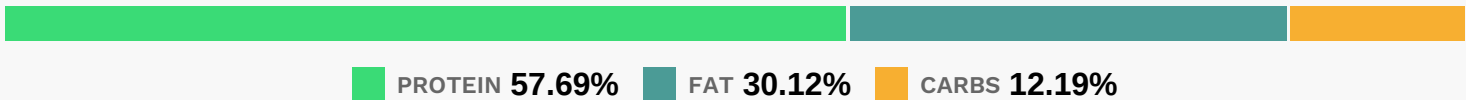
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To prepare steak, combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add steak to bag; seal and marinate in refrigerator 20 minutes, turning occasionally.
- ☐ Prepare grill or broiler.
- ☐ Remove steak from bag; discard marinade.
- ☐ Place steak on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ To prepare slaw, combine juice and next 6 ingredients (through 2 garlic cloves) in a large bowl.
- ☐ Add slaw and next 3 ingredients (through cilantro); toss well to combine.
- ☐ Divide steak evenly among tortillas; spoon about 1/2 cup slaw onto each tortilla. Fold in half; serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:2.27, Inflammation Score:-2, Nutrition Score:11.652173839833%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 175.35kcal (8.77%), Fat: 5.71g (8.78%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 5.03g (1.83%), Sugar: 3.47g (3.85%), Cholesterol: 68.04mg (22.68%), Sodium: 268.14mg (11.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.6g (49.2%), Selenium: 33.91µg (48.45%), Vitamin B6: 0.72mg (36.04%), Vitamin B3: 7.15mg (35.76%), Zinc: 4.38mg (29.21%), Phosphorus: 234.09mg (23.41%), Vitamin B12: 1.04µg (17.38%), Potassium: 421.71mg (12.05%), Iron: 1.82mg (10.12%), Vitamin B2: 0.14mg (8.04%), Magnesium: 31.01mg (7.75%), Vitamin B5: 0.75mg (7.48%), Vitamin C: 5.05mg (6.13%), Vitamin B1: 0.09mg (5.93%), Copper: 0.1mg (4.8%), Folate: 17.55µg (4.39%), Manganese: 0.06mg (3.16%), Calcium: 30.32mg (3.03%), Vitamin E: 0.37mg (2.44%), Vitamin K: 1.68µg (1.6%)