



 **13%**
HEALTH SCORE

The Secret to Easy Skillet Filet Mignon Steak Tacos

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tbsp cup heavy whipping cream
- 1 tbsp olive oil extra virgin
- 16 oz filet mignon steaks
- 2 tbsp guacamole
- 4 servings pepper black
- 2 tbsp cheddar cheese shredded
- 4 corn tortillas white

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Equipment

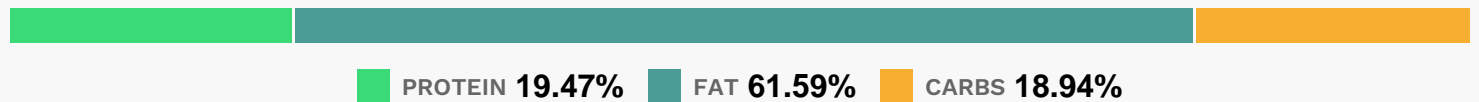
frying pan

Directions

Heat the skillet on medium to low heat. Rub the steaks with olive oil and season with cracked black pepper. Slowly cook the filets until they have reached your desired specifications. We like to cook ours to be medium done, and that averages about 7 minutes on each side.

Remove the filets from the heat and slice thinly and lengthwise. Use a clean skillet over medium heat and warm up the corn tortillas. Top the tortillas with steak, guacamole, sour cream, and shredded cheese.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:10.15, Inflammation Score:-3, Nutrition Score:15.352173913043%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Taste

Sweetness: 15.84%, Saltiness: 100%, Sourness: 25.44%, Bitterness: 15.28%, Savoriness: 63.34%, Fattiness: 62.26%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 510.5kcal (25.53%), Fat: 35.03g (53.9%), Saturated Fat: 13.59g (84.92%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 20.41g (7.42%), Sugar: 0.74g (0.82%), Cholesterol: 92.1mg (30.7%), Sodium: 109.42mg (4.76%), Protein: 24.91g (49.83%), Vitamin B12: 3.01µg (50.09%), Phosphorus: 396.53mg (39.65%), Selenium: 24.03µg (34.32%), Zinc: 4.36mg (29.1%), Vitamin B6: 0.57mg (28.53%), Vitamin B3: 4.31mg (21.57%), Iron: 3.39mg (18.84%), Vitamin B2: 0.32mg (18.53%), Magnesium: 64.21mg (16.05%), Fiber: 3.82g (15.28%), Potassium: 490.8mg (14.02%), Vitamin B1: 0.19mg (12.87%), Manganese: 0.21mg (10.37%), Copper: 0.2mg (10.19%), Calcium: 86.46mg (8.65%), Vitamin E: 0.91mg (6.08%), Vitamin B5: 0.54mg (5.43%), Folate: 16.89µg (4.22%), Vitamin K: 4.24µg (4.04%),

Vitamin A: 165.74IU (3.31%)