



Vietnamese Barbecue Tacos

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings barbecue sauce
- ☐ 2.5 lb beef strip steaks
- ☐ 1 stick cilantro leaves fresh red thinly sliced chopped
- ☐ 0.3 cup fish sauce
- ☐ 8 8-inch flour tortilla warmed soft ()
- ☐ 2 tablespoons ginger fresh grated
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons honey

- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.5 medium size onion red sliced
- ☐ 0.3 cup rice vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons sugar

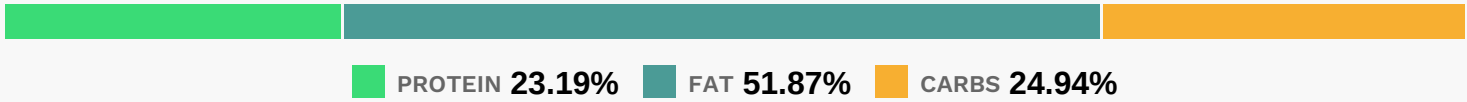
Equipment

- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Place steaks in a large zip-top plastic freezer bag.
- ☐ Whisk together fish sauce and next 7 ingredients. Stir in red onion, and pour mixture over steaks in freezer bag. Seal and chill 8 to 24 hours, turning once.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Grill steaks 7 to 8 minutes on each side or to desired degree of doneness, turning every 3 to 5 minutes. Cover loosely with aluminum foil, and let stand 10 minutes.
- ☐ Cut steaks diagonally across the grain into thin strips, and serve in warm flour tortillas with Vietnamese Dipping Sauce and desired toppings.

Nutrition Facts



Properties

Glycemic Index:42.8, Glycemic Load:12.63, Inflammation Score:-4, Nutrition Score:18.490869573925%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 564.17kcal (28.21%), Fat: 32.04g (49.3%), Saturated Fat: 12.31g (76.94%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 32.63g (11.86%), Sugar: 10.13g (11.26%), Cholesterol: 121.9mg (40.63%), Sodium: 1026.86mg (44.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.24g (64.47%), Selenium: 44.4µg (63.43%), Vitamin B3: 9.8mg (49.02%), Vitamin B6: 0.85mg (42.25%), Phosphorus: 369.04mg (36.9%), Zinc: 5.04mg (33.6%), Vitamin B1: 0.36mg (24.11%), Iron: 4.02mg (22.35%), Vitamin B12: 1.34µg (22.31%), Vitamin B2: 0.3mg (17.9%), Manganese: 0.36mg (17.78%), Folate: 67.59µg (16.9%), Potassium: 540.93mg (15.46%), Magnesium: 54.75mg (13.69%), Calcium: 115mg (11.5%), Vitamin B5: 0.9mg (8.99%), Copper: 0.17mg (8.5%), Fiber: 2.05g (8.19%), Vitamin K: 7.04µg (6.71%), Vitamin E: 0.63mg (4.17%), Vitamin C: 1.05mg (1.27%)