



Wild Mushroom, Flank Steak, and Poblano Tacos

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 teaspoons bottled garlic minced
- ☐ 8 6-inch corn tortillas ()
- ☐ 8 ounce flank steak trimmed
- ☐ 0.5 teaspoon ground coriander
- ☐ 8 ounce mushrooms
- ☐ 1 tablespoon olive oil divided

- ☐ 1 teaspoon oregano dried
- ☐ 1 poblano pepper seeded thinly sliced
- ☐ 0.5 cup salsa fresh refrigerated
- ☐ 0.3 teaspoon salt divided
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 2 cups onion white thinly sliced

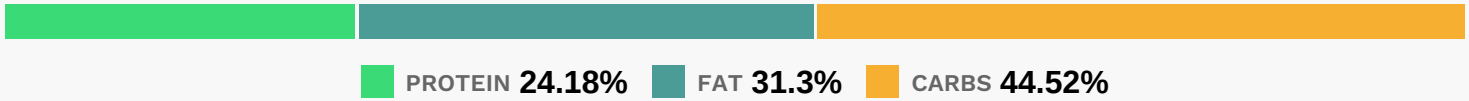
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 teaspoon oil in a large skillet over medium-high heat.
- ☐ Sprinkle steak with 1/8 teaspoon salt and 1/8 teaspoon black pepper.
- ☐ Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from pan.
- ☐ Add remaining 2 teaspoons oil to pan.
- ☐ Add onion and next 5 ingredients (through poblano); saut 5 minutes or until vegetables soften.
- ☐ Cut steak across the grain into thin slices.
- ☐ Add steak, remaining 1/8 teaspoon salt, and 1/8 teaspoon black pepper to pan; cook 1 minute.
- ☐ Place about 1/3 cup steak mixture in each tortilla. Top each taco with 1 tablespoon cheese and 1 tablespoon salsa.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:12.83, Inflammation Score:-8, Nutrition Score:20.586956314419%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg

Nutrients (% of daily need)

Calories: 345.48kcal (17.27%), Fat: 12.41g (19.09%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 32.18g (11.7%), Sugar: 7.37g (8.19%), Cholesterol: 47.49mg (15.83%), Sodium: 507.96mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.57g (43.13%), Phosphorus: 448.74mg (44.87%), Vitamin B6: 0.89mg (44.41%), Vitamin C: 31.3mg (37.94%), Selenium: 26.4µg (37.71%), Vitamin B3: 7.17mg (35.86%), Fiber: 7.55g (30.18%), Manganese: 0.57mg (28.67%), Zinc: 4.16mg (27.73%), Potassium: 748.41mg (21.38%), Magnesium: 83.66mg (20.92%), Calcium: 194.01mg (19.4%), Vitamin B2: 0.31mg (18.46%), Vitamin B5: 1.51mg (15.14%), Copper: 0.29mg (14.62%), Iron: 2.53mg (14.08%), Vitamin B1: 0.17mg (11.55%), Vitamin B12: 0.69µg (11.51%), Folate: 39.94µg (9.99%), Vitamin K: 10.38µg (9.89%), Vitamin E: 1.47mg (9.78%), Vitamin A: 371.54IU (7.43%), Vitamin D: 0.3µg (1.98%)