



## Zesty Steak & Avocado Stand 'N Stuff® Soft Tacos

READY IN



40 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 avocado diced pitted ripe peeled
- 4.5 oz chilis green chopped old el paso® canned
- 1 lb flank steak
- 4.7 oz flour tortilla soft old el paso® stuff® (8 tortillas)
- 0.5 cup cream sour
- 1 oz taco seasoning old el paso®
- 2 tablespoons vegetable oil

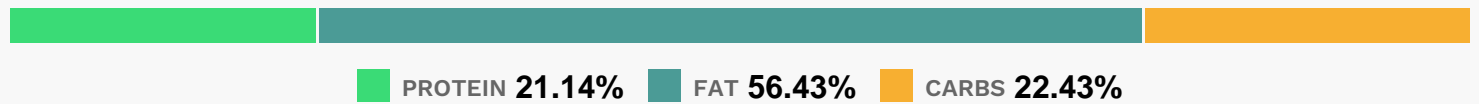
## Equipment

- frying pan
- kitchen thermometer

## Directions

- Rub both sides of flank steak with taco seasoning mix. In 12-inch nonstick skillet, heat oil over medium-high heat until hot. Cook steak in oil 8 minutes, turning once. Decrease heat to medium; cover skillet. Cook 15 to 20 minutes or until meat thermometer inserted in thickest part of the steak reads 165°F.
- Let stand 3 minutes. Thinly slice across the grain.
- Heat tortillas as directed on package. Fill tortillas with flank steak, chiles, avocado and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:2.97, Inflammation Score:-6, Nutrition Score:13.471304395924%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 277.57kcal (13.88%), Fat: 17.78g (27.36%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 11.02g (4.01%), Sugar: 2.1g (2.34%), Cholesterol: 42.5mg (14.17%), Sodium: 509.82mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.97%), Selenium: 21.22µg (30.32%), Vitamin B3: 5.25mg (26.27%), Vitamin B6: 0.51mg (25.35%), Fiber: 4.89g (19.55%), Phosphorus: 187.65mg (18.77%), Folate: 73.2µg (18.3%), Vitamin K: 18.9µg (18%), Zinc: 2.64mg (17.62%), Vitamin C: 12.2mg (14.79%), Potassium: 493.86mg (14.11%), Iron: 2.22mg (12.31%), Vitamin B2: 0.21mg (12.14%), Vitamin B5: 1.14mg (11.44%), Vitamin B1: 0.16mg (10.85%), Vitamin A: 515.45IU (10.31%), Vitamin E: 1.54mg (10.25%), Vitamin B12: 0.55µg (9.1%), Magnesium: 32.79mg (8.2%), Manganese: 0.16mg (8.07%), Copper: 0.16mg (7.84%), Calcium: 62.51mg (6.25%)