



Zesty Steak & Avocado Tortilla Bowls

READY IN



40 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb flank steak
- 1 oz taco seasoning
- 2 tablespoons vegetable oil
- 6.7 oz flour tortilla soft (8 Count)
- 4 oz chilis green chopped canned
- 2 avocado diced pitted ripe peeled
- 0.5 cup cream sour

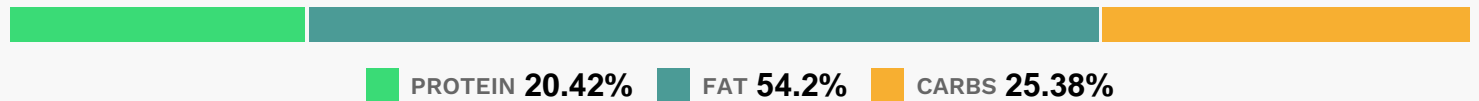
Equipment

- 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:4.07, Inflammation Score:-6, Nutrition Score:14.172173935434%

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: 298.89kcal (14.94%), Fat: 18.35g (28.22%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 14.22g (5.17%), Sugar: 2.37g (2.63%), Cholesterol: 42.5mg (14.17%), Sodium: 554.95mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Selenium: 22.8µg (32.57%), Vitamin B3: 5.56mg (27.78%), Vitamin B6: 0.51mg (25.45%), Fiber: 5.1g (20.42%), Phosphorus: 202.06mg (20.21%), Folate: 78.91µg (19.73%), Vitamin K: 19.41µg (18.49%), Zinc: 2.68mg (17.86%), Potassium: 500.72mg (14.31%), Vitamin C: 11.6mg (14.06%), Iron: 2.45mg (13.61%), Vitamin B2: 0.23mg (13.29%), Vitamin B1: 0.2mg (13.21%), Vitamin B5: 1.15mg (11.54%), Vitamin A: 513.22IU (10.26%), Vitamin E: 1.54mg (10.25%), Manganese: 0.2mg (9.82%), Vitamin B12: 0.55µg (9.1%), Magnesium: 34.27mg (8.57%), Copper: 0.16mg (8.21%), Calcium: 72.22mg (7.22%)