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Steak Taco Combo ♦♦

A delicious combo of steak tacos with various toppings and sides.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	steak
8 pieces	tortillas
100 g	lettuce
200 g	Tomatoes
100 g	Onions
50 g	Cilantro

200 g	Avocado
2 pieces	Lime
100 g	sour cream
150 g	Cheese
100 g	salsa
100 g	guacamole
200 g	Black Beans
200 g	Rice
100 g	corn

Directions

Step 1

Marinate the steak with your choice of seasonings and let it sit for 30 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the steak to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Cutting

Slice the steak into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Warm the tortillas on a skillet or grill.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Assemble the tacos by placing steak, lettuce, tomatoes, onions, cilantro, avocado, and lime juice on each tortilla.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serve the tacos with sour cream, cheese, salsa, guacamole, black beans, rice, and corn on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 g	N/A	N/A
Lactose	3 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	15 mg	0.44%	0.58%
Zinc	20 mg	181.82%	250%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Mexican Italian Middle Eastern

Kitchen Tools

Slow Cooker Blender

Events

Picnic

Nutritional Content

Low Calorie High Protein Low Fat

Course

Snacks Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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