

All Recipes

Al Recipe Builder

Similar Recipes

Steak Taco on a Stick*

A delicious and portable twist on traditional steak tacos. Perfect for parties or on-the-go meals.

Recipe Type: Standard Prep Time: 20 mins

Cook Time: 10 mins Total Time: 30 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	steak
200 g	tortillas
100 g	lettuce
100 g	Tomatoes
50 g	Onions
25 g	Cilantro

50 ml	lime juice
1 tsp	salt
1 tsp	pepper
2 tbsp	oil
4 pieces	wooden skewers

Directions

Step 1

Cutting

Cut the steak into small cubes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Marinating

Marinate the steak cubes with lime juice, salt, and pepper for 15 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 3

Grilling

Thread the marinated steak cubes onto the wooden skewers.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4



Grill the steak skewers for 5 minutes on each side or until cooked to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5



Warm the tortillas on a grill or stovetop.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assembly

Assemble the tacos by placing a grilled steak skewer on each tortilla.

Prep Time: 0 mins

Cook Time: 0 mins
Step 7
Assembly
Top with lettuce, tomatoes, onions, and cilantro.
Prep Time: 0 mins
Cook Time: 0 mins
Step 8 Serving Serve hot and enjoy! Prep Time: 0 mins
Cook Time: 0 mins
Nutrition Facts
Calories: 300 kcal
Fat : 15 g

Protein: 25 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	65 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	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

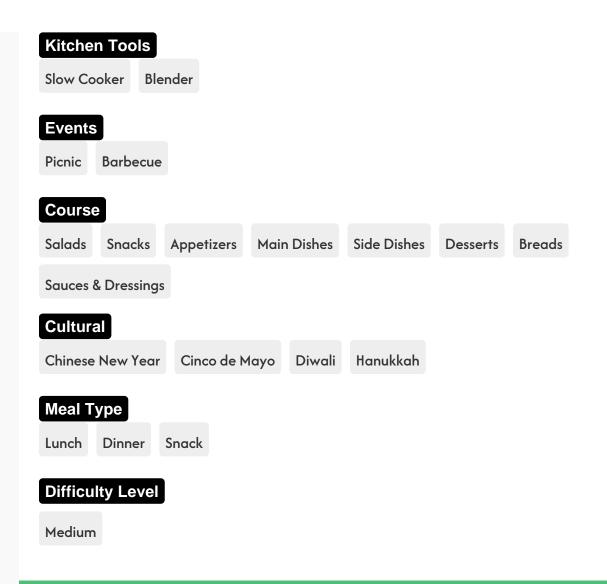
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Mexican

Italian



Visit our website: healthdor.com