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## Carne Asada Steak Cabo ♦♦

Carne Asada Steak Cabo is a traditional Mexican dish that originated in the Baja California region. It is made with marinated grilled steak and served with warm tortillas, salsa, and guacamole. The dish is known for its bold flavors and tender, juicy meat.

**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

<b>500 g</b>	flank steak
<b>4 tbsp</b>	Lime juice
<b>4 tbsp</b>	Orange juice
<b>4 cloves</b>	garlic
<b>2 tsp</b>	Cumin

<b>2 tsp</b>	Chili powder
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>2 tbsp</b>	Olive oil
<b>8 pieces</b>	tortillas
<b>1 c</b>	salsa
<b>1 c</b>	guacamole

## Directions

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### Step 1

#### Mixing

In a bowl, combine lime juice, orange juice, minced garlic, cumin, chili powder, salt, and black pepper to make the marinade.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Refrigerating

Place the flank steak in a shallow dish and pour the marinade over it. Make sure the steak is well coated. Cover and refrigerate for at least 2 hours or overnight.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Preheating

Preheat the grill to medium-high heat. Remove the steak from the marinade and discard the excess marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Grilling

Grill the steak for about 6-8 minutes per side, or until it reaches your desired level of doneness. Remove from the grill and let it rest for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 12 mins

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### Step 5

Cutting

Slice the steak against the grain into thin strips. Serve with warm tortillas, salsa, and guacamole.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 240 kcal

Fat: 10 g

Protein: 26 g

Carbohydrates: 12 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	26 g	152.94%	152.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	2 g	5.26%	8%
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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	370 mg	10.88%	14.23%
Zinc	20 mg	181.82%	250%
Selenium	35 mcg	63.64%	63.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Microwave

Food Processor

### Nutritional Content

Low Calorie

### Cuisines

Italian

Mexican

### Diet

Anti-Inflammatory Diet

Vegan Diet

### Events

Barbecue

Picnic

### Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

### Cost

\$40 to \$50

### Demographics

Teen Friendly

Heart Healthy

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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