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Carne Asada Dos Tacos ♦♦

Carne Asada Dos Tacos is a traditional Mexican dish made with grilled marinated steak, served in warm tortillas with various toppings such as salsa, guacamole, and cilantro. It is a popular street food in Mexico and is often enjoyed with a squeeze of lime and a side of beans and rice.

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

500 g	flank steak
3 tbsp	Lime juice
3 tbsp	Orange juice
4 cloves	garlic

2 tsp	Cumin
2 tsp	Chili powder
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Olive oil
8 pieces	corn tortillas
8 tbsp	salsa
8 tbsp	guacamole
8 tbsp	Cilantro

Directions

Step 1

Mixing

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the flank steak in a resealable plastic bag and pour the marinade over it. Seal the bag and marinate in the refrigerator for at least 2 hours, or overnight for best results.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Grilling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Grilling

Grill the steak for about 4-5 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: 10 mins

Step 5

Cutting

Slice the steak against the grain into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Heating

Warm the corn tortillas on a griddle or in a dry skillet over medium heat for about 30 seconds per side.

Prep Time: 0 mins

Cook Time: 1 mins

Step 7

Plating

Place a few slices of steak on each tortilla and top with salsa, guacamole, and cilantro.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the Carne Asada Dos Tacos immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 16 g

Protein: 24 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
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	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	16 g	57.14%	64%
Cholesterol	60 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	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Cuisines

Mexican Middle Eastern

Course

Drinks Snacks Appetizers Main Dishes Side Dishes Salads

Sauces & Dressings

Events

Picnic

Nutritional Content

High Iron Low Fat Low Carb High Fiber Low Sodium Sugar-Free

High Vitamin C

Kitchen Tools

Blender Oven Grill

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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