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Carne Asada Taco

Carne asada taco is a traditional Mexican dish made with marinated grilled steak, served in a soft tortilla with various toppings such as salsa, guacamole, and cilantro. It is a popular street food and can be enjoyed as a main course or a snack.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	flank steak
4 tbsp	Lime juice
4 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	tortillas
1 c	salsa
1 c	guacamole
1 bunch	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: 5 mins

Cook Time: 0 mins

Step 2

Marinating

Place the flank steak in a resealable plastic bag and pour the marinade over it. Seal the bag and refrigerate for at least 2 hours or overnight.

Prep Time: 5 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 4-6 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 tortillas on the grill or in a dry skillet.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Assembly

Assemble the tacos by placing a few slices of steak on each tortilla. Top with salsa, guacamole, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

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	10 g	35.71%	40%
Cholesterol	45 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	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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