



15 Minute Beef Fajitas

READY IN



15 min.

SERVINGS



4

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef sirloin steak boneless cut into strips
- 0.5 cup knudsen cream sour
- 8 6-inch flour tortillas warmed ()
- 1 medium bell pepper green cut into strips
- 0.5 cup guacamole
- 0.5 cup a.1. mesquite marinade
- 1 Tbsp oil
- 1 medium onion halved sliced
- 1 medium bell pepper red cut into strips

1 cup taco bellâ® & chunky salsa thick

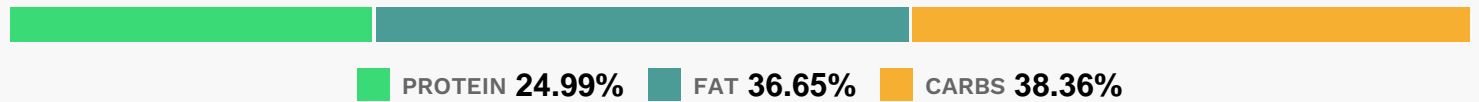
Equipment

frying pan

Directions

- Cook and stir steak in hot oil in large skillet on medium-high heat 3 minutes.
- Add peppers and onion; cook 3 to 4 minutes or until steak is cooked through and vegetables are crisp-tender, stirring frequently.
- Add salsa and marinade; mix well. Reduce heat to medium-low. Cook until heated through, stirring occasionally.
- Spoon evenly onto tortillas; roll up. Top with the guacamole and sour cream.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:10.62, Inflammation Score:-9, Nutrition Score:30.797826020614%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 558.3kcal (27.92%), Fat: 22.77g (35.03%), Saturated Fat: 7.12g (44.51%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 46.66g (16.97%), Sugar: 17.23g (19.15%), Cholesterol: 83.87mg (27.96%), Sodium: 1504.39mg (65.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.86%), Vitamin C: 68.65mg (83.22%), Selenium: 50.25µg (71.78%), Vitamin B3: 11.75mg (58.76%), Vitamin B6: 1.14mg (57.01%), Phosphorus: 443.43mg (44.34%), Zinc: 5.44mg (36.26%), Vitamin B1: 0.48mg (32.13%), Vitamin A: 1578.83IU (31.58%), Folate: 122.66µg (30.67%), Potassium: 1006.44mg (28.76%), Fiber: 6.96g (27.85%), Vitamin B2: 0.46mg (26.83%), Manganese:

0.54mg (26.75%), Iron: 4.76mg (26.42%), Vitamin K: 21.56µg (20.53%), Vitamin E: 3.06mg (20.43%), Vitamin B12: 1.13µg (18.77%), Magnesium: 70.26mg (17.57%), Calcium: 174.92mg (17.49%), Vitamin B5: 1.66mg (16.6%), Copper: 0.29mg (14.6%)