



Ancho Chile-Beef Fajitas with Mango

READY IN



45 min.

SERVINGS



2

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce beef tenderloin trimmed cut into 1/4-inch-thick strips
- 4 6-inch flour tortillas fat-free ()
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 cup bell pepper green thinly sliced
- 0.8 teaspoon ground ancho chile powder
- 0.3 teaspoon ground cumin
- 1 teaspoon juice of lime fresh
- 2 tablespoons cup heavy whipping cream sour reduced-fat
- 2 teaspoons soya sauce low-sodium

- 0.5 cup mangos thinly sliced
- 1 teaspoon olive oil
- 1 plum tomatoes coarsely chopped
- 0.5 cup bell pepper red thinly sliced
- 2 tablespoons salsa prepared
- 0.5 cup onion sweet thinly sliced
- 0.5 teaspoon worcestershire sauce

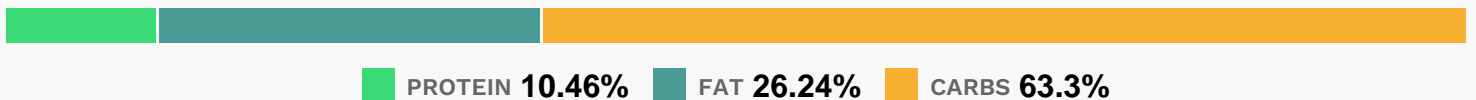
Equipment

- bowl
- frying pan

Directions

- Combine lime juice, chile powder, Worcestershire, and cumin in a medium bowl.
- Add beef; toss well.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and bell peppers to pan; saut 4 minutes or until onion is almost tender, stirring occasionally.
- Add mango and tomato to pan; saut 1 minute.
- Add beef mixture; saut 2 minutes or until desired degree of doneness, stirring occasionally.
- Add soy sauce; cook 15 seconds.
- Remove from heat; stir in cilantro.
- Heat tortillas according to package directions.
- Place 2 tortillas on each of 2 plates; top each tortilla with about 3/4 cup beef mixture. Top each tortilla with 1 1/2 teaspoons prepared salsa and 1 1/2 teaspoons sour cream.

Nutrition Facts



Properties

Glycemic Index:101.38, Glycemic Load:13.12, Inflammation Score:-9, Nutrition Score:19.89956528078%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg, Luteolin: 2mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 290.23kcal (14.51%), Fat: 8.7g (13.39%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 47.23g (15.74%), Net Carbohydrates: 41.69g (15.16%), Sugar: 14.07g (15.64%), Cholesterol: 4.2mg (1.4%), Sodium: 776.69mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.61%), Vitamin C: 100.25mg (121.51%), Vitamin A: 2366.72IU (47.33%), Folate: 113.74µg (28.43%), Manganese: 0.54mg (26.85%), Vitamin B1: 0.4mg (26.68%), Fiber: 5.53g (22.13%), Selenium: 14.58µg (20.83%), Vitamin B6: 0.41mg (20.49%), Vitamin B3: 4.07mg (20.34%), Phosphorus: 191.53mg (19.15%), Iron: 3.25mg (18.08%), Vitamin B2: 0.28mg (16.64%), Vitamin K: 16.6µg (15.81%), Potassium: 528.56mg (15.1%), Vitamin E: 2.12mg (14.13%), Calcium: 139.38mg (13.94%), Magnesium: 42.06mg (10.51%), Copper: 0.21mg (10.42%), Zinc: 0.78mg (5.22%), Vitamin B5: 0.46mg (4.61%)