



Asparagus Chicken Fajitas

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh trimmed cut into 2-inch pieces
- 1 tablespoon canola oil
- 12 6-inch flour tortilla warmed (es)
- 0.5 cup corn fresh
- 0.5 teaspoon garlic salt
- 0.8 cup salad dressing fat-free italian
- 2 tablespoons juice of lemon
- 0.3 cup onion diced

- 0.1 teaspoon pepper
- 1 medium bell pepper sweet red julienned
- 1 pound chicken breast boneless skinless cut into strips
- 1 medium bell pepper sweet yellow julienned

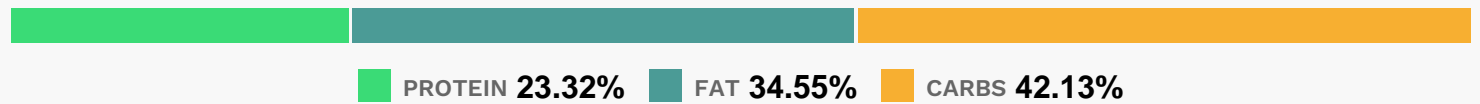
Equipment

- frying pan
- ziploc bags

Directions

- Place chicken in a large resealable plastic bag; add salad dressing. Seal bag and turn to coat; refrigerate for 4 hours, turning several times.
- Drain and discard marinade. In a large nonstick skillet, saute chicken in oil for 3 minutes.
- Add the asparagus, peppers, corn and onion. Cook, uncovered for 7 minutes or until the chicken juices run clear and vegetables are crisp-tender, stirring occasionally. Stir in the lemon juice, garlic salt and pepper. Spoon 1/2 cup on each tortilla; fold in sides.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:10.19, Inflammation Score:-9, Nutrition Score:26.68652192406%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg, Isorhamnetin: 4.64mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 403.89kcal (20.19%), Fat: 15.6g (24%), Saturated Fat: 3.29g (20.56%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 38g (13.82%), Sugar: 8.06g (8.96%), Cholesterol: 48.38mg (16.13%), Sodium: 1018.49mg (44.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.39%), Vitamin C: 70.46mg (85.4%), Vitamin B3: 11.93mg (59.65%), Selenium: 40.13µg (57.33%), Vitamin K: 55.1µg (52.48%), Vitamin B6: 0.82mg (40.76%), Phosphorus: 350.35mg (35.04%), Vitamin B1: 0.5mg (33.26%), Folate: 120.79µg (30.2%), Manganese: 0.52mg (25.92%), Vitamin A: 1266.64IU (25.33%), Iron: 4.45mg (24.7%), Vitamin B2: 0.39mg (22.82%), Fiber: 4.81g (19.23%), Potassium: 671.9mg (19.2%), Vitamin E: 2.37mg (15.81%), Vitamin B5: 1.53mg (15.35%), Magnesium: 55.11mg (13.78%), Copper: 0.27mg (13.35%), Calcium: 119.6mg (11.96%), Zinc: 1.38mg (9.2%), Vitamin B12: 0.15µg (2.52%)