



Baked Chicken Fajitas

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



5824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup chicken broth low-sodium undiluted canned
- ☐ 1 teaspoon chili powder
- ☐ 64 2-inch flour tortillas fat-free
- ☐ 1 tablespoon garlic minced
- ☐ 1 medium size bell pepper green seeded cut into 1/4-inch-wide strips
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 cup juice of lime fresh

- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 1 large onion sliced into strips cut in half lengthwise and
- ☐ 1 pound skinned cut into thin strips
- ☐ 2 cups tomatoes chopped
- ☐ 1 teaspoon vegetable oil
- ☐ 1 medium size bell pepper sweet yellow seeded cut into 1/4-inch-wide strips

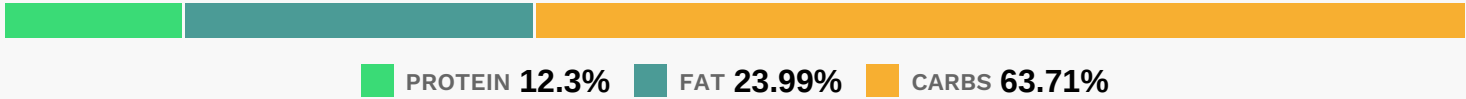
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Combine first 6 ingredients in a heavy-duty, zip-top plastic bag; add chicken. Seal bag, and shake until chicken is well coated. Marinate in refrigerator 1 hour, turning occasionally.
- ☐ Remove chicken from marinade, reserving marinade.
- ☐ Place marinade in a small saucepan; add broth, and bring to a boil.
- ☐ Remove from heat, and set aside.
- ☐ Place peppers and onion in a 13- x 9- x 2-inch baking dish coated with cooking spray.
- ☐ Bake, uncovered, at 400 for 10 minutes. Stir in chicken.
- ☐ Pour marinade mixture over chicken and vegetables.
- ☐ Bake 15 to 18 minutes or until chicken is done.
- ☐ Wrap tortillas in aluminum foil.
- ☐ Bake at 325 for 15 minutes.
- ☐ Spoon chicken and vegetables evenly down centers of tortillas, using a slotted spoon; roll up tortillas. Top each with 1/4 cup chopped tomato and 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:286.82, Inflammation Score:-10, Nutrition Score:76.065217500148%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg, Luteolin: 1.71mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 5823.73kcal (291.19%), Fat: 153.56g (236.25%), Saturated Fat: 56.09g (350.59%), Carbohydrates: 917.52g (305.84%), Net Carbohydrates: 850.93g (309.43%), Sugar: 73.2g (81.34%), Cholesterol: 82.64mg (27.55%), Sodium: 13602.93mg (591.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 177.08g (354.17%), Selenium: 444.68µg (635.25%), Vitamin B1: 9.35mg (623.2%), Vitamin B3: 93.72mg (468.62%), Manganese: 9.32mg (465.9%), Folate: 1754.59µg (438.65%), Phosphorus: 4076.8mg (407.68%), Iron: 68.04mg (378%), Vitamin B2: 5.35mg (314.75%), Calcium: 2752.06mg (275.21%), Fiber: 66.59g (266.35%), Vitamin K: 142.8µg (136%), Vitamin C: 102.89mg (124.72%), Magnesium: 460.08mg (115.02%), Vitamin B6: 2.21mg (110.25%), Copper: 2.08mg (103.93%), Potassium: 3195.18mg (91.29%), Zinc: 10.88mg (72.55%), Vitamin B5: 4.85mg (48.53%), Vitamin A: 1095.48IU (21.91%), Vitamin E: 1.21mg (8.04%), Vitamin B12: 0.36µg (6.04%), Vitamin D: 0.17µg (1.14%)