



Barbecue Chicken Skillet Fajitas

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1 cup four cheese shredded mexican style kraft finely
- 8 6-inch corn tortillas warmed ()
- 0.5 cup knudsen cream sour
- 1 Tbsp olive oil
- 1 small onion sliced
- 1 jalapeño pepper seeded cut into strips
- 1 bell pepper red cut into strips

- 1 lb chicken breasts boneless skinless cut into strips
- 1 cup tomatoes chopped

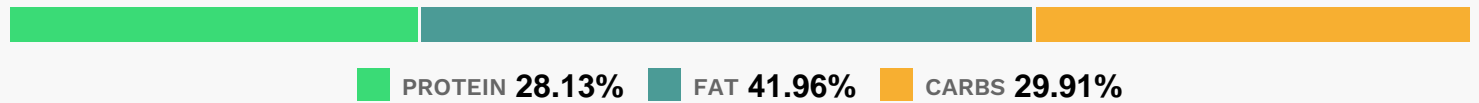
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 3 to 5 min. or until browned.
- Add red pepper, tomatoes, onions and jalapeo pepper; stir. Reduce heat to low; cover. Cook 10 min. allowing juices to release, stirring occasionally.
- Stir in barbecue sauce; continue cooking until chicken is cooked through. Top each warmed tortilla evenly with chicken mixture, cheese and sour cream.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:11.39, Inflammation Score:-9, Nutrition Score:25.49260851093%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 498.57kcal (24.93%), Fat: 23.4g (36.01%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 32.67g (11.88%), Sugar: 10.44g (11.6%), Cholesterol: 117.79mg (39.26%), Sodium: 536.59mg (23.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.31g (70.62%), Selenium: 48.88µg (69.83%), Vitamin B3: 13.29mg (66.46%), Phosphorus: 578.37mg (57.84%), Vitamin B6: 1.15mg (57.3%), Vitamin C: 46.21mg (56.01%), Vitamin A: 1780.76IU (35.62%), Calcium: 293.43mg (29.34%), Potassium: 795.42mg (22.73%), Magnesium: 89.59mg (22.4%), Vitamin B2: 0.37mg (21.63%), Vitamin B5: 2.07mg (20.68%), Fiber: 4.87g (19.48%), Zinc: 2.67mg (17.81%), Manganese: 0.35mg (17.26%), Vitamin E: 2.01mg (13.38%), Vitamin B1: 0.18mg (11.85%), Vitamin B12: 0.59µg (9.78%),

Folate: 37.79µg (9.45%), Copper: 0.18mg (8.76%), Iron: 1.55mg (8.6%), Vitamin K: 8.64µg (8.23%), Vitamin D: 0.28µg (1.89%)