



Basic Chicken Fajitas



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium bell pepper cored sliced into 1/2-inch strips (any color)
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 2 medium garlic clove finely chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 juice of lime

- ☐ 8 servings kosher salt
- ☐ 1 medium onion red halved sliced into 1/2-inch pieces
- ☐ 1 pound chicken breast boneless skinless
- ☐ 8 6-inch tortillas () (corn or flour)
- ☐ 3 tablespoons vegetable oil

Equipment

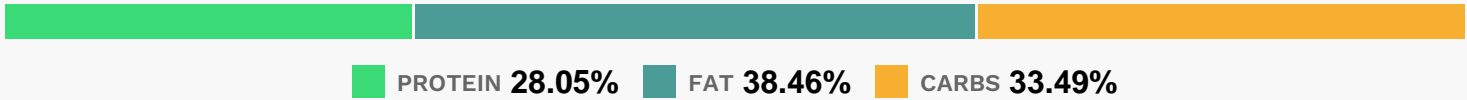
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ baking pan
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Place the cilantro, garlic, chili powder, coriander, cumin, lime juice, and 2 tablespoons of the oil in a shallow baking dish and whisk to combine.
- ☐ Add the chicken and turn to coat with the marinade. Set the chicken aside for at least 10 minutes, or cover and refrigerate for up to 24 hours.
- ☐ Heat a grill pan to medium. Once hot, add the chicken pieces, season with salt and pepper, and cook undisturbed until well browned on the bottom, about 10 minutes. Flip, season the second side with salt and pepper, and cook undisturbed until well browned on the bottom and cooked through, about 10 minutes more.
- ☐ Remove the chicken to a cutting board and let it rest while you prepare the remaining ingredients.
- ☐ Place the bell pepper and onion in a medium bowl, drizzle with the remaining 1 tablespoon oil, season with salt and pepper, and toss to coat.
- ☐ Place the vegetables on the grill pan in a single layer. Cook, stirring occasionally, until tender and slightly charred, about 10 minutes.
- ☐ Transfer the vegetables to a serving dish. Meanwhile, warm the tortillas.
- ☐ Heat a medium cast iron or frying pan over high heat until hot, about 3 minutes.

☐ Place a tortilla in the dry pan and heat, flipping once, until warmed on both sides. Wrap the tortilla in a clean dishtowel to keep warm. Repeat with the remaining tortillas. Slice the chicken against the grain into 1/2-inch-thick pieces and place in the serving dish with the vegetables. To serve, fill a warm tortilla with chicken and vegetables and top with guacamole, salsa, and sour cream (if using).

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.24, Inflammation Score:-6, Nutrition Score:12.046086995498%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 214.54kcal (10.73%), Fat: 9.1g (14.01%), Saturated Fat: 2g (12.49%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 16.06g (5.84%), Sugar: 2.41g (2.68%), Cholesterol: 36.29mg (12.1%), Sodium: 484.34mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin B3: 7.44mg (37.22%), Selenium: 25.1µg (35.86%), Vitamin C: 22.31mg (27.05%), Vitamin B6: 0.52mg (25.87%), Phosphorus: 192.38mg (19.24%), Vitamin K: 14.84µg (14.13%), Vitamin B1: 0.21mg (13.73%), Manganese: 0.23mg (11.45%), Vitamin A: 569.15IU (11.38%), Folate: 40.8µg (10.2%), Vitamin B2: 0.16mg (9.54%), Vitamin B5: 0.94mg (9.37%), Potassium: 317.24mg (9.06%), Iron: 1.56mg (8.65%), Fiber: 1.78g (7.12%), Magnesium: 26.39mg (6.6%), Calcium: 56.19mg (5.62%), Vitamin E: 0.84mg (5.61%), Zinc: 0.58mg (3.88%), Copper: 0.06mg (3.21%), Vitamin B12: 0.11µg (1.89%)