



BBQ Chicken Fajitas

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 oz old bay seasoning
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 1 large bell pepper green cut into thin strips
- ☐ 1 large onion sliced cut in half and
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 0.5 cup barbecue sauce
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

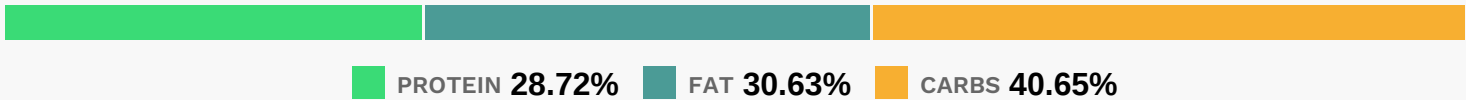
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Place fajita seasoning mix in gallon-size resealable food-storage plastic bag.
- ☐ Place vegetables in bag; seal. Shake vegetables until evenly coated.
- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add vegetables; cook and stir, scraping any seasoning mix from bottom of skillet, 3 to 4 minutes or until vegetables are almost crisp-tender. Stir in chicken and barbecue sauce. Cook and stir 2 to 3 minutes longer or until chicken and sauce are heated through.
- ☐ Fill each tortilla with about 1/2 cup of mixture.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:8.38, Inflammation Score:-8, Nutrition Score:18.125652323598%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 434.13kcal (21.71%), Fat: 14.96g (23.01%), Saturated Fat: 4.08g (25.48%), Carbohydrates: 44.67g (14.89%), Net Carbohydrates: 40.39g (14.69%), Sugar: 14.85g (16.5%), Cholesterol: 90.85mg (30.28%), Sodium: 970.18mg (42.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Vitamin C: 71.43mg (86.58%), Vitamin K: 58.68µg (55.89%), Manganese: 0.77mg (38.5%), Vitamin A: 1362.22IU (27.24%), Iron: 4.19mg (23.27%), Vitamin B1: 0.31mg (20.37%), Folate: 76.17µg (19.04%), Fiber: 4.28g (17.13%), Vitamin B6: 0.33mg (16.43%), Selenium: 11.33µg (16.19%), Calcium: 146.27mg (14.63%), Vitamin B3: 2.91mg (14.54%), Phosphorus: 134.98mg (13.5%), Vitamin B2: 0.2mg (11.95%), Potassium: 333.66mg (9.53%), Magnesium: 36.86mg (9.22%), Vitamin E: 1.17mg (7.81%), Copper: 0.16mg (7.78%), Zinc: 0.65mg (4.32%), Vitamin B5: 0.3mg (2.97%)