



BBQ Chicken Fajitas from Old El Paso®

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 6 inch flour tortillas soft for tacos & fajitas, heated as directed on package old el paso®
- ☐ 1 large bell pepper green cut into thin strips
- ☐ 1 large onion sliced cut in half and
- ☐ 1 large bell pepper red cut into thin strips
- ☐ 2 cups deli rotisserie chicken shredded
- ☐ 1 ounce fajita seasoning mix old el paso®
- ☐ 1 tablespoon vegetable oil

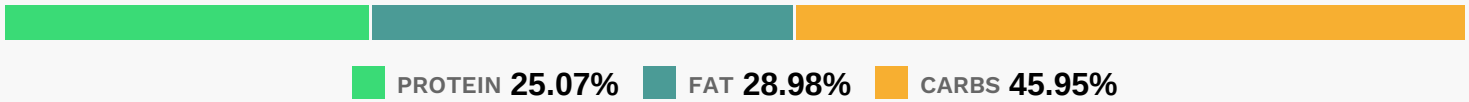
Equipment

- ☐ 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:10.8, Glycemic Load:7.16, Inflammation Score:-6, Nutrition Score:11.180869475655%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 273.26kcal (13.66%), Fat: 8.89g (13.67%), Saturated Fat: 2.54g (15.85%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 28.01g (10.19%), Sugar: 8.15g (9.05%), Cholesterol: 45.42mg (15.14%), Sodium: 623.06mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.59%), Vitamin C: 35.44mg (42.96%), Vitamin K: 25.48µg (24.27%), Manganese: 0.42mg (21.23%), Vitamin B1: 0.24mg (16.31%), Iron: 2.82mg (15.65%), Fiber: 3.68g (14.73%), Folate: 58.52µg (14.63%), Selenium: 9.77µg (13.96%), Vitamin A: 654.72IU (13.09%), Calcium: 117.55mg (11.76%), Vitamin B3: 2.33mg (11.65%), Phosphorus: 105.47mg (10.55%), Vitamin B2: 0.16mg (9.65%), Vitamin B6: 0.17mg (8.38%), Vitamin E: 1.07mg (7.11%), Magnesium: 23.86mg (5.97%), Potassium: 206.6mg (5.9%), Copper: 0.09mg (4.57%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.21mg (2.05%)