



Beef and Cheese Fajitas

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup kernel corn whole frozen
- 1 pound flank steak lean
- 8 8-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 0.8 cup green onions sliced
- 1.5 teaspoons ground cumin
- 1 tablespoon coarsely ground pepper
- 2 jalapeño peppers minced seeded

- 0.3 cup juice of lime
- 4 ounces monterrey jack cheese shredded
- 1 large bell pepper sweet red cut into julienne strips
- 0.5 cup heavy whipping cream sour
- 0.5 cup tequila
- 1 cup tomatoes diced
- 0.3 cup vegetable oil
- 2 tablespoons vegetable oil divided

Equipment

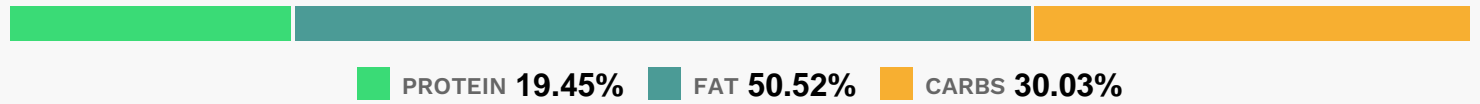
- oven
- aluminum foil
- ziploc bags
- wok

Directions

- Partially freeze steak; trim fat from steak. Slice steak diagonally across grain into 1/4-inch-wide strips.
- Combine tequila and next 6 ingredients in a heavy-duty, zip-top plastic bag; seal bag, and shake well.
- Add steak; seal bag, and shake. Marinate in refrigerator 8 hours.
- Remove steak from marinade; discard marinade. Cook corn according to package directions, and set aside. Wrap tortillas in aluminum foil, and bake at 325 for 15 minutes.
- Pour 2 teaspoons oil around top of preheated wok, coating sides; heat at medium-high (37
- for 2 minutes.
- Add red pepper strips and green onions; stir-fry 2 minutes.
- Remove from wok.
- Add 2 teaspoons oil to wok.
- Add steak; stir-fry 5 minutes.

- Remove steak from wok.
- Add remaining 2 teaspoons oil to wok. Return vegetables and steak to wok. Stir in corn and jalapeno pepper; stir-fry 1 minute. Divide steak mixture among tortillas. Top each with tomato, cheese, and sour cream; roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:8.86, Inflammation Score:-8, Nutrition Score:20.629130293494%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 474.1kcal (23.71%), Fat: 24.73g (38.04%), Saturated Fat: 8.46g (52.9%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 29.99g (10.9%), Sugar: 4.33g (4.81%), Cholesterol: 55.12mg (18.37%), Sodium: 530.4mg (23.06%), Alcohol: 5.01g (100%), Alcohol %: 2.61% (100%), Protein: 21.42g (42.84%), Vitamin K: 49.1µg (46.76%), Vitamin C: 38.05mg (46.13%), Selenium: 31.06µg (44.37%), Phosphorus: 322.57mg (32.26%), Vitamin B3: 6.42mg (32.09%), Vitamin B6: 0.51mg (25.57%), Manganese: 0.47mg (23.69%), Vitamin A: 1173.28IU (23.47%), Calcium: 228.39mg (22.84%), Vitamin B1: 0.34mg (22.6%), Folate: 84.61µg (21.15%), Zinc: 3.15mg (21%), Iron: 3.53mg (19.64%), Vitamin B2: 0.33mg (19.35%), Potassium: 464.69mg (13.28%), Fiber: 3.09g (12.34%), Vitamin E: 1.74mg (11.62%), Vitamin B12: 0.66µg (11.06%), Magnesium: 41.69mg (10.42%), Copper: 0.16mg (7.76%), Vitamin B5: 0.65mg (6.5%)