



Beef and Chicken Fajitas



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 2 lb skinned and boned chicken breasts
- ☐ 1 tablespoon chili powder
- ☐ 0.1 teaspoon chipotle seasoning
- ☐ 2 lb flank steak
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup bottled dressing italian

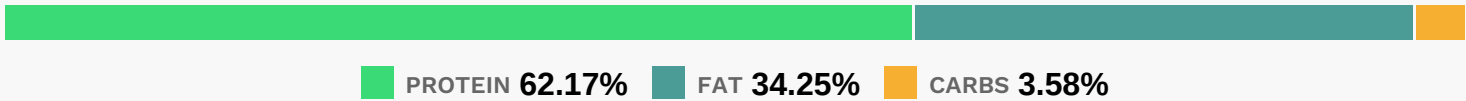
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together first 8 ingredients.
- ☐ Pour half of marinade into a large zip-top plastic freezer bag, and add chicken breasts; seal bag. Repeat procedure with remaining marinade and flank steak. Chill 2 hours.
- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Remove beef and chicken from marinade, discarding marinade.
- ☐ Grill chicken and steak at the same time. Grill steak, covered with grill lid, 10 minutes on each side or to desired degree of doneness; grill chicken, covered with grill lid, 5 to 6 minutes on each side or until done.
- ☐ Remove from grill, and let stand 10 minutes.
- ☐ Cut steak and chicken diagonally into 1/4-inch-thick strips.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:22.902608840362%

Nutrients (% of daily need)

Calories: 325.31kcal (16.27%), Fat: 11.91g (18.33%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.94g (2.16%), Cholesterol: 140.61mg (46.87%), Sodium: 427.17mg (18.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.64g (97.29%), Selenium: 70.27µg (100.39%), Vitamin B3: 19.04mg (95.19%), Vitamin B6: 1.57mg (78.4%), Phosphorus: 474.05mg (47.41%), Zinc: 5.07mg (33.8%), Potassium: 845.14mg (24.15%), Vitamin B5: 2.34mg (23.42%), Vitamin B12: 1.26µg (20.98%), Vitamin B2: 0.25mg (14.96%), Magnesium: 57.84mg (14.46%), Iron: 2.56mg (14.22%), Vitamin B1: 0.16mg (10.77%), Vitamin K: 11.09µg (10.56%),

Vitamin E: 1.26mg (8.38%), Vitamin A: 339.67IU (6.79%), Copper: 0.13mg (6.52%), Folate: 19.63µg (4.91%),
Manganese: 0.08mg (3.81%), Calcium: 37.86mg (3.79%), Vitamin C: 1.45mg (1.75%), Fiber: 0.43g (1.73%)