



Beef-and-Chicken Fajitas with Peppers and Onions

READY IN



45 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings cilantro leaves fresh
- ☐ 1 pound flank steak
- ☐ 16 6-inch flour tortilla fat-free ()
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 bell pepper green cut into 12 wedges
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon pepper black

- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup cream sour low-fat
- ☐ 14.3 ounce beef broth canned
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 bell pepper red cut into 12 wedges
- ☐ 1 cup salsa
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breast
- ☐ 1 large onion sweet cut into 16 wedges
- ☐ 2 tablespoons worcestershire sauce

Equipment

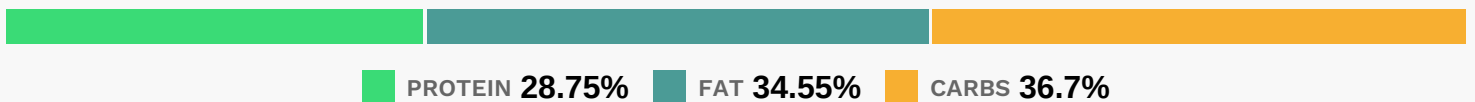
- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ To prepare marinade, combine first 10 ingredients in a large bowl; set aside.
- ☐ To prepare fajitas, trim fat from steak. Score a diamond pattern on both sides of the steak.
- ☐ Combine 1 1/2 cups marinade, steak, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 4 hours or overnight, turning occasionally.
- ☐ Combine remaining marinade, bell peppers, and onion in a zip-top plastic bag. Seal and marinate in refrigerator for 4 hours or overnight, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove steak and chicken from bag; discard marinade.

- ☐ Remove vegetables from bag; reserve marinade.
- ☐ Place reserved marinade in a small saucepan; set aside.
- ☐ Place steak, chicken, and vegetables on grill rack coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.
- ☐ Wrap tortillas tightly in foil; place tortilla packet on grill rack the last 2 minutes of grilling time. Bring reserved marinade to a boil.
- ☐ Cut steak and chicken diagonally across the grain into thin slices.
- ☐ Place the steak, chicken, and vegetables on a serving platter; drizzle with reserved marinade.
- ☐ Arrange about 1 ounce steak, about 1 ounce chicken, 3 bell pepper wedges, and 1 onion wedge in a tortilla; top with 1 tablespoon salsa, about 1 teaspoon sour cream, and 1/2 tablespoon cilantro. Fold sides of tortilla over filling.
- ☐ Garnish with cilantro sprigs, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:9.93, Inflammation Score:-9, Nutrition Score:27.319999931947%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 442.81kcal (22.14%), Fat: 16.95g (26.08%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 36.11g (13.13%), Sugar: 8.06g (8.96%), Cholesterol: 72.82mg (24.27%), Sodium: 1202.05mg (52.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.47%), Vitamin C: 67.94mg (82.35%), Selenium: 49.18µg (70.25%), Vitamin B3: 13.03mg (65.17%), Vitamin B6: 1.08mg (54.24%), Phosphorus: 404.74mg (40.47%), Vitamin B1: 0.45mg (30.15%), Vitamin A: 1326.24IU (26.52%), Potassium: 900.83mg (25.74%),

Manganese: 0.5mg (25.12%), Iron: 4.35mg (24.16%), Folate: 96.19µg (24.05%), Vitamin B2: 0.36mg (21.35%), Zinc: 3.14mg (20.91%), Vitamin K: 18.86µg (17.96%), Fiber: 4.38g (17.54%), Vitamin E: 2.33mg (15.53%), Vitamin B5: 1.51mg (15.13%), Magnesium: 59.63mg (14.91%), Calcium: 148.58mg (14.86%), Vitamin B12: 0.66µg (10.99%), Copper: 0.21mg (10.49%)