



Beef and Salsa Fajitas

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 8-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 small bell pepper green
- ☐ 2 tablespoons green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 cup beer light

- ☐ 0.3 cup juice of lime
- ☐ 1 tablespoon olives ripe chopped
- ☐ 1 teaspoon oregano dried whole
- ☐ 1 small purple onion cut into 8 wedges
- ☐ 1 small bell pepper sweet red
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup tomatoes diced
- ☐ 1 pound top round steak boneless lean
- ☐ 1 small bell pepper sweet yellow

Equipment

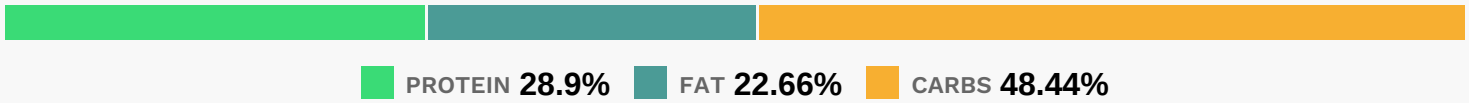
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Combine first 6 ingredients in a heavy-duty, zip-top plastic bag; seal bag, and shake well. Seed green and sweet peppers; cut each into 8 wedges.
- ☐ Place pepper wedges, steak, and onion in bag; seal bag, and shake. Marinate in refrigerator 8 hours.
- ☐ Combine tomato and next 5 ingredients. Cover and chill.
- ☐ Remove steak and vegetables from marinade, reserving marinade. Thread vegetables onto 4 (10-inch) metal skewers. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place steak and skewers on rack. Grill vegetables, covered, 12 minutes or until tender, turning and basting occasionally. Grill steak 5 to 6 minutes on each side or to desired doneness, basting occasionally. Wrap tortillas in aluminum foil. Grill, covered, 2 minutes.

Cut steak diagonally across grain into 1/4-inch-wide slices. Divide steak and vegetables among tortillas. Top each with 3 tablespoons tomato salsa mixture; roll up tortillas.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:8.7, Inflammation Score:-8, Nutrition Score:17.043912970501%

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: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 254.02kcal (12.7%), Fat: 6.29g (9.68%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 27.3g (9.93%), Sugar: 3.85g (4.28%), Cholesterol: 34.59mg (11.53%), Sodium: 430.86mg (18.73%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 18.06g (36.12%), Vitamin C: 44.93mg (54.46%), Selenium: 29.75µg (42.5%), Vitamin B3: 6.6mg (32.98%), Vitamin B6: 0.54mg (26.89%), Phosphorus: 252.07mg (25.21%), Vitamin B1: 0.34mg (22.85%), Zinc: 3mg (20.01%), Iron: 3.33mg (18.5%), Manganese: 0.37mg (18.29%), Folate: 72.31µg (18.08%), Vitamin B2: 0.25mg (14.99%), Vitamin B12: 0.77µg (12.78%), Potassium: 423.78mg (12.11%), Fiber: 2.97g (11.89%), Vitamin K: 12.45µg (11.86%), Vitamin A: 577.72IU (11.55%), Calcium: 103.46mg (10.35%), Magnesium: 34.76mg (8.69%), Copper: 0.16mg (7.9%), Vitamin B5: 0.58mg (5.82%), Vitamin E: 0.65mg (4.3%)