



Beef Fajita Pie

READY IN



22 min.

SERVINGS



4

CALORIES



2571 kcal

Ingredients

- ☐ 0.5 pound stir-fry beef strips
- ☐ 4 servings cilantro leaves fresh for garnish
- ☐ 4 servings guacamole refrigerated for serving
- ☐ 0.5 cup lime-garlic salsa (recommended: Pace)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound pepper stir-fry frozen thawed
- ☐ 12 inch pizza crust thin (recommended: Boboli)
- ☐ 2 cups mexican blend cheese shredded
- ☐ 4 servings cup heavy whipping cream sour for serving
- ☐ 2 tablespoons taco seasoning

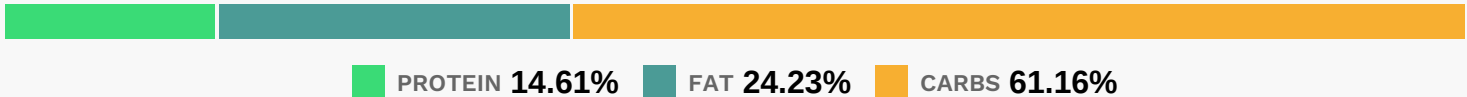
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- ☐ In a bowl, combine beef strips, pepper stir-fry, oil and taco seasoning. Grill beef and pepper strips on hot oiled grill about 5 minutes total.
- ☐ Remove pizza crust from package and place on grill. Top with salsa, cheese, beef and pepper strips.
- ☐ Turn heat down to medium and cook pizza covered for 8 to 10 minutes or until cheese has melted and starts to bubble.
- ☐ Serve hot garnished with sour cream, guacamole, and cilantro.
- ☐ INDOOR: Preheat oven to 450 degrees F.
- ☐ Combine and season beef and pepper strips as directed.
- ☐ Heat 2 tablespoons of oil in a large frying pan. When oil is hot, saute beef and pepper strips for 5 minutes.
- ☐ Remove from pan; set aside.
- ☐ Remove pizza crusts from package and top with salsa and cheese. Top with beef and peppers and bake in preheated oven for 8 to 10 minutes or until cheese is melted and begun to bubble.
- ☐ Garnish as directed.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:14.33, Inflammation Score:-8, Nutrition Score:43.576956593472%

Flavonoids

Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 2571.38kcal (128.57%), Fat: 71.28g (109.66%), Saturated Fat: 33.04g (206.51%), Carbohydrates: 404.8g (134.93%), Net Carbohydrates: 365.23g (132.81%), Sugar: 12.51g (13.9%), Cholesterol: 100.54mg (33.51%), Sodium: 4101.09mg (178.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.71g (193.41%), Manganese: 14.48mg (724.19%), Vitamin K: 193.04µg (183.85%), Iron: 31.09mg (172.75%), Fiber: 39.57g (158.27%), Calcium: 1514.24mg (151.42%), Copper: 1.57mg (78.44%), Magnesium: 219.79mg (54.95%), Phosphorus: 525.88mg (52.59%), Potassium: 1740.43mg (49.73%), Zinc: 5.46mg (36.43%), Selenium: 22.96µg (32.8%), Vitamin B12: 1.93µg (32.12%), Vitamin B2: 0.49mg (28.83%), Vitamin B6: 0.56mg (28%), Vitamin A: 1195.56IU (23.91%), Vitamin B5: 2.09mg (20.91%), Vitamin B3: 3.81mg (19.05%), Vitamin E: 2.65mg (17.7%), Vitamin B1: 0.17mg (11.1%), Folate: 33.08µg (8.27%), Vitamin C: 4.29mg (5.2%), Vitamin D: 0.34µg (2.24%)