



## Beef Fajitas

READY IN



155 min.

SERVINGS



35

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 lb beef sirloin steak thinly sliced
- 1 cup knudsen cream light sour
- 16 6-inch flour tortillas warmed ()
- 2 large pasilla peppers green cut into strips
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian divided kraft
- 1 large onion cut into wedges
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 cup milk sharp cheddar cheese shredded 2% kraft

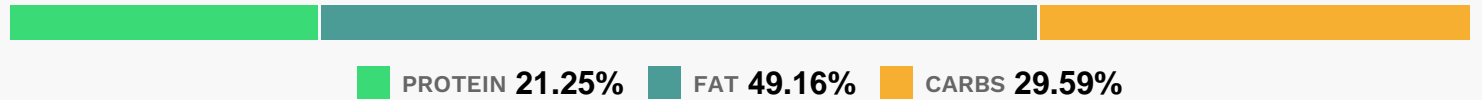
# Equipment

- bowl
- frying pan

# Directions

- Combine steak and 1/4 cup of the dressing in glass bowl; cover. Refrigerate 1 to 2 hours to marinate, stirring occasionally.
- Remove steak; discard marinade.
- Cook steak in remaining 1/4 cup dressing in large skillet on medium-high heat in 5 to 6 min. or until no longer pink.
- Remove steak; keep warm.
- Add peppers and onion; cook until tender.
- Add steak; cook until heated through.
- Serve in warm tortillas topped with cheese, sour cream and salsa.

# Nutrition Facts



# Properties

Glycemic Index:2.8, Glycemic Load:2.28, Inflammation Score:-2, Nutrition Score:4.8208695792634%

# Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

# Nutrients (% of daily need)

Calories: 119.95kcal (6%), Fat: 6.51g (10.01%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 8.03g (2.92%), Sugar: 1.44g (1.61%), Cholesterol: 16.41mg (5.47%), Sodium: 196.16mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Selenium: 7.51µg (10.72%), Vitamin B12: 0.6µg (10.04%), Vitamin C: 7.99mg (9.69%), Phosphorus: 86.34mg (8.63%), Vitamin B3: 1.41mg (7.07%), Vitamin B1: 0.1mg (6.75%), Vitamin B6: 0.12mg (6.02%), Zinc: 0.89mg (5.94%), Vitamin B2: 0.1mg (5.93%), Calcium: 56.68mg (5.67%), Iron: 0.96mg (5.35%), Manganese: 0.09mg (4.64%), Folate: 17.36µg (4.34%), Potassium: 128.69mg (3.68%), Vitamin

K: 3.84µg (3.66%), Fiber: 0.78g (3.12%), Magnesium: 10.52mg (2.63%), Vitamin A: 107.7IU (2.15%), Copper: 0.04mg (2.13%), Vitamin E: 0.2mg (1.32%), Vitamin B5: 0.12mg (1.18%)