



Beef Fajitas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves roughly chopped
- 2 pounds flank steak fat trimmed
- 6 large flour tortillas
- 1 tablespoon garlic minced
- 4 cloves garlic peeled smashed
- 1 bell pepper green stemmed seeded thinly sliced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

- 1 teaspoon ground pepper black
- 0.3 cup juice of lime fresh
- 6 servings lime wedges
- 1 teaspoon mexican oregano dried crushed
- 1 bell pepper red stemmed seeded thinly sliced
- 1 teaspoon pepper flakes red
- 2 teaspoons salt
- 0.3 cup tequila
- 6 servings tequila shots cold
- 2 tablespoons vegetable oil
- 1 large onion white thinly sliced
- 2 teaspoons worcestershire sauce
- 1 bell pepper yellow stemmed seeded thinly sliced

Equipment

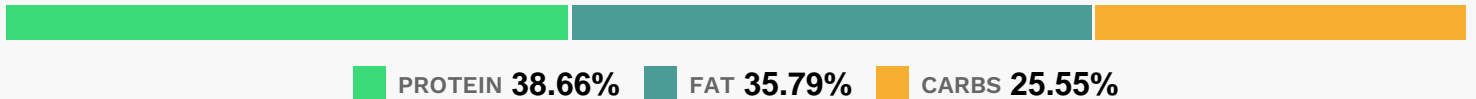
- bowl
- frying pan
- oven
- whisk
- baking pan
- grill
- aluminum foil

Directions

- In a bowl, whisk together the lime juice, tequila, garlic, cilantro, 1 tablespoon of the oil, the Worcestershire sauce, oregano, pepper flakes, cumin and coriander.
- Pour into a large zip-lock bag, add the steak, and seal.
- Place in a baking dish and refrigerate for at least 12 and up to 24 hours, turning occasionally.

- Remove the meat from the bag and pat dry. Season on both sides with 1 teaspoon of the salt and 1/2 teaspoon of the pepper.
- Preheat the grill to high, and preheat the oven to 325 degrees F.
- Wrap the tortillas in foil and place in the oven for 15 minutes to warm and soften.
- Remove from the oven and keep warm in the aluminum foil.
- Cook the steak over the grill to preferred temperature, 3 to 4 minutes per side for medium rare.
- Remove from the heat and let rest for 10 minutes before slicing.
- Meanwhile, in a large skillet, heat the remaining oil over medium-high heat.
- Add the peppers and onions, and cook, stirring, until soft and slightly caramelized, 12 to 15 minutes.
- Add the garlic, remaining teaspoon salt, and 1/2 teaspoon pepper and cook, stirring, until the garlic is fragrant and soft, 1 to 2 minutes.
- Remove from the heat.
- Thinly slice the steak against the grain. Divide among the warmed tortillas and top with the vegetables. Squeeze with lime juice and serve immediately with cold beer or tequila shots.

Nutrition Facts



Properties

Glycemic Index:49.83, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:27.096956626229%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 435.51kcal (21.78%), Fat: 14.88g (22.9%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 20.84g (7.58%), Sugar: 3.95g (4.39%), Cholesterol: 90.72mg (30.24%), Sodium: 1112.27mg

(48.36%), Alcohol: 8.35g (100%), Alcohol %: 3.35% (100%), Protein: 36.18g (72.35%), Vitamin C: 84.33mg (102.22%), Selenium: 52.2µg (74.57%), Vitamin B6: 1.16mg (57.84%), Vitamin B3: 11.37mg (56.87%), Zinc: 6.22mg (41.5%), Phosphorus: 402.35mg (40.24%), Iron: 4.4mg (24.44%), Vitamin B12: 1.38µg (22.93%), Potassium: 777.04mg (22.2%), Vitamin B1: 0.32mg (21.07%), Manganese: 0.41mg (20.68%), Vitamin B2: 0.31mg (18.2%), Folate: 71.27µg (17.82%), Vitamin K: 18.4µg (17.52%), Vitamin A: 861.51IU (17.23%), Magnesium: 55.41mg (13.85%), Fiber: 3.07g (12.26%), Vitamin B5: 1.19mg (11.94%), Copper: 0.23mg (11.43%), Calcium: 110.71mg (11.07%), Vitamin E: 1.44mg (9.57%)