

Beef Fajitas

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 1 teaspoon cornstarch
- ☐ 4 8-inch flour tortilla for burritos (; from 11-oz package old el paso®)
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup guacamole
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lime
- ☐ 1 onion thinly sliced

- ☐ 1 bell pepper green red cut into strips
- ☐ 0.3 cup salsa old el paso® (any variety)
- ☐ 0.8 lb top round boneless frozen lean cut into thin strips
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water cold

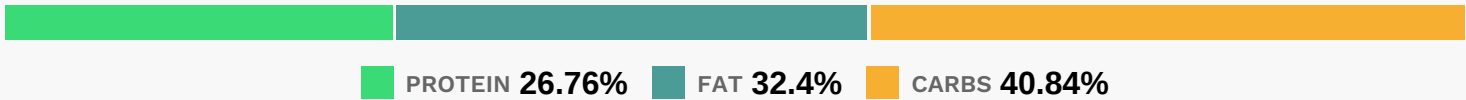
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium nonmetal bowl, stir together all marinade ingredients.
- ☐ Add beef strips; stir to coat. Cover; refrigerate 30 minutes to marinate, stirring occasionally.
- ☐ Spray 12-inch nonstick skillet with cooking spray.
- ☐ Heat over medium-high heat until hot.
- ☐ Add beef and marinade; cook and stir 2 minutes.
- ☐ Add onion and bell pepper; cook and stir 3 to 4 minutes or until vegetables are crisp-tender and beef is no longer pink. In small bowl, stir cornstarch and cold water until smooth.
- ☐ Add to beef mixture; cook and stir 1 to 2 minutes or until thickened.
- ☐ To serve, spoon 1/4 of guacamole down center of each tortilla. Top each with 1/4 of beef mixture. Top with salsa. Fold bottom edge of tortilla toward center; fold 2 sides toward center, slightly overlapping.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:11.16, Inflammation Score:-7, Nutrition Score:21.926521632982%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 377.19kcal (18.86%), Fat: 13.68g (21.04%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 33.82g (12.3%), Sugar: 9.26g (10.29%), Cholesterol: 51.88mg (17.29%), Sodium: 593.17mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Selenium: 39.4µg (56.29%), Vitamin B3: 9.03mg (45.14%), Vitamin B6: 0.84mg (42.13%), Vitamin C: 31.2mg (37.82%), Phosphorus: 333.88mg (33.39%), Zinc: 4.5mg (29.99%), Vitamin B1: 0.4mg (26.39%), Iron: 4.12mg (22.9%), Manganese: 0.44mg (21.88%), Folate: 86.97µg (21.74%), Fiber: 4.97g (19.87%), Vitamin B2: 0.33mg (19.58%), Vitamin B12: 1.15µg (19.14%), Potassium: 667.17mg (19.06%), Vitamin K: 19.67µg (18.73%), Magnesium: 50.23mg (12.56%), Copper: 0.25mg (12.45%), Calcium: 118.87mg (11.89%), Vitamin E: 1.74mg (11.57%), Vitamin A: 545.43IU (10.91%), Vitamin B5: 1.09mg (10.88%)