

Beef Fajitas

 Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound flank steak cut into thin strips
- 0.3 teaspoon chili powder
- 4 8-inch flour tortilla (es)
- 3 garlic clove minced
- 3 spring onion thinly sliced
- 0.3 cup juice of lemon
- 1.5 teaspoons lemon zest grated
- 0.3 teaspoon pepper

- 2 servings salsa
- 0.3 cup vegetable oil

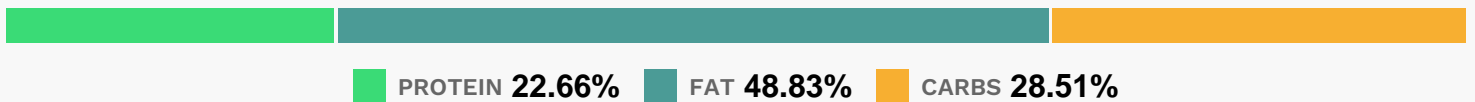
Equipment

- bowl
- frying pan
- ziploc bags
- slotted spoon

Directions

- In a bowl, combine the oil, lemon juice, garlic, lemon peel, chili powder and pepper.
- Place half in a resealable plastic bag; cover and refrigerate remaining marinade.
- Add meat to bag. Seal and turn to coat; refrigerate for 4–8 hours.
- Drain and discard marinade. In a skillet, heat reserved marinade.
- Add meat and green onions. Cook and stir until meat reaches desired doneness. Using a slotted spoon, place about 1/2 cup meat mixture down the center of each tortilla. Top with salsa if desired. Fold sides over meat mixture.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:16.64, Inflammation Score:-7, Nutrition Score:35.595217455988%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 816.54kcal (40.83%), Fat: 44.14g (67.91%), Saturated Fat: 10.7g (66.88%), Carbohydrates: 57.98g (19.33%), Net Carbohydrates: 52.87g (19.23%), Sugar: 6.32g (7.02%), Cholesterol: 102.06mg (34.02%), Sodium: 1058.98mg (46.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.08g (92.16%), Selenium: 74.06µg (105.81%), Vitamin K: 98.85µg (94.14%), Vitamin B3: 15.65mg (78.25%), Vitamin B6: 1.23mg (61.75%), Phosphorus: 581.27mg (58.13%), Zinc: 7.27mg (48.5%), Vitamin B1: 0.67mg (44.98%), Iron: 6.91mg (38.38%), Manganese: 0.7mg (35.13%), Folate: 137.34µg (34.33%), Vitamin B2: 0.52mg (30.67%), Vitamin B12: 1.55µg (25.8%), Potassium: 899.83mg (25.71%), Vitamin C: 19.14mg (23.2%), Vitamin E: 3.36mg (22.42%), Calcium: 220.48mg (22.05%), Fiber: 5.11g (20.44%), Magnesium: 72.24mg (18.06%), Copper: 0.29mg (14.58%), Vitamin B5: 1.39mg (13.94%), Vitamin A: 411.54IU (8.23%)