



Beef Fajitas With Pico de Gallo

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound flank steak
- 12 6-inch flour tortilla warmed ()
- 8 ounce salad dressing italian
- 6 servings lime wedges fresh
- 6 servings pico de gallo
- 3 tablespoons penzey's southwest seasoning
- 6 servings cheddar cheese shredded

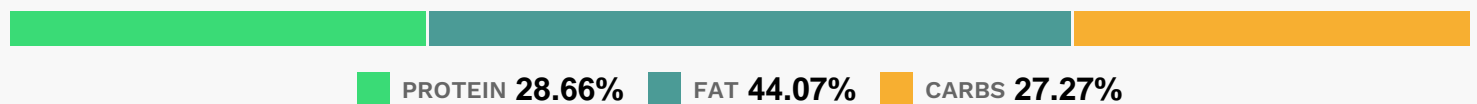
Equipment

- grill
- ziploc bags

Directions

- Combine Italian dressing and fajita seasoning in a shallow dish or zip-top plastic bag; add steak. Cover or seal, and chill 8 hours, turning occasionally.
- Remove steak from marinade, discarding marinade.
- Preheat a two-sided contact indoor electric grill according to manufacturer's instructions on HIGH.
- Place steaks on grill rack, close lid, and grill 10 minutes (medium-rare) or to desired degree of doneness.
- Remove steaks, and let stand 5 minutes.
- Cut steaks diagonally across the grain into very thin slices, and serve with tortillas, cheese, and Pico de Gallo.
- Garnish, if desired.
- Note: When using an outdoor gas or charcoal grill, grill steaks, covered with grill lid, over medium-high heat (350 to 400°F) for 8 minutes. Turn and grill 5 more minutes or to desired degree of doneness. Proceed as directed. For testing purposes only, we used McCormick Fajita Seasoning.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:9.68, Inflammation Score:-7, Nutrition Score:32.334347735281%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 633.05kcal (31.65%), Fat: 30.85g (47.46%), Saturated Fat: 11.88g (74.24%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 37.69g (13.71%), Sugar: 8.6g (9.56%), Cholesterol: 120.72mg (40.24%), Sodium:

1235.85mg (53.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.14g (90.28%), Selenium: 67.57µg (96.52%), Vitamin K: 73.99µg (70.47%), Vitamin B3: 12.48mg (62.39%), Phosphorus: 583.21mg (58.32%), Vitamin B6: 1.07mg (53.63%), Zinc: 7.44mg (49.58%), Calcium: 454.77mg (45.48%), Iron: 7.38mg (41%), Manganese: 0.7mg (34.84%), Vitamin B2: 0.51mg (30.27%), Vitamin B1: 0.44mg (29.35%), Vitamin B12: 1.69µg (28.23%), Folate: 99.96µg (24.99%), Potassium: 739.61mg (21.13%), Fiber: 5.27g (21.08%), Magnesium: 76.48mg (19.12%), Vitamin E: 2.84mg (18.96%), Vitamin B5: 1.25mg (12.45%), Copper: 0.24mg (11.87%), Vitamin A: 534.37IU (10.69%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.18µg (1.2%)