



Bella Asada Fajitas

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



302 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup roughly avocado mashed
- 0.8 cup bell peppers sliced
- 0.1 teaspoon chili powder
- 6 6-inch corn tortillas ()
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon garlic powder
- 2 servings greek yogurt plain fat-free sour for optional topping
- 0.1 teaspoon ground cumin

- 0.5 tablespoon juice of lime
- 1 teaspoon olive oil
- 0.8 cup onion sliced
- 1 Dash pepper black
- 2 large portabella mushroom caps sliced
- 0.3 teaspoon salt divided
- 0.5 cup tomatoes chopped

Equipment

- bowl
- frying pan
- stove
- microwave

Directions

- Drizzle a large skillet with oil and bring it to medium-high heat on the stove.
- Add sliced mushrooms, bell peppers, and onion, and sprinkle with garlic powder, 1/8 teaspoon of salt, chili powder, cumin, and black pepper. Stirring occasionally, cook until veggies are tender, about 6 minutes. Set aside.
- In a small bowl, combine tomatoes, avocado, cilantro, lime juice, and remaining 1/8 teaspoon of salt. If you like, season with additional chili powder, to taste.
- Mix well and set aside.
- Place tortillas on a microwave-safe plate, and microwave for 25 seconds, or until slightly warm. Top each tortilla with about 1/2 cup of fajita veggies and a spoonful of the tomato-avocado mixture. If you like, add a spoonful of sour cream or yogurt as well.
- Fold and chew!

Nutrition Facts



PROTEIN 11.16% FAT 21.26% CARBS 67.58%

Properties

Glycemic Index:130.75, Glycemic Load:17.57, Inflammation Score:-9, Nutrition Score:23.986521886743%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg

Nutrients (% of daily need)

Calories: 302.41kcal (15.12%), Fat: 7.63g (11.74%), Saturated Fat: 1.15g (7.22%), Carbohydrates: 54.56g (18.19%), Net Carbohydrates: 44.53g (16.19%), Sugar: 8.96g (9.96%), Cholesterol: 2.16mg (0.72%), Sodium: 377.79mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.02%), Vitamin C: 84.19mg (102.04%), Vitamin A: 2218.86IU (44.38%), Phosphorus: 412.4mg (41.24%), Fiber: 10.03g (40.13%), Selenium: 22.22µg (31.74%), Vitamin B6: 0.62mg (31.2%), Vitamin B3: 6.16mg (30.8%), Manganese: 0.54mg (27.04%), Potassium: 882.88mg (25.23%), Copper: 0.46mg (23.09%), Folate: 88.79µg (22.2%), Magnesium: 82.23mg (20.56%), Vitamin B2: 0.29mg (17.32%), Vitamin B5: 1.6mg (15.99%), Vitamin B1: 0.22mg (14.71%), Vitamin E: 2.08mg (13.87%), Zinc: 2.04mg (13.61%), Calcium: 122.47mg (12.25%), Vitamin K: 12.55µg (11.95%), Iron: 1.94mg (10.8%), Vitamin B12: 0.11µg (1.9%), Vitamin D: 0.25µg (1.68%)