



Bison Fajitas with Guacamole Salad

READY IN



162 min.

SERVINGS



6

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large avocados ripe peeled mashed halved seeded
- ☐ 0.3 teaspoon pepper black
- ☐ 1 pound bison flank steak
- ☐ 6 8-inch flour tortillas warmed ()
- ☐ 2 cloves garlic minced
- ☐ 1 large bell pepper green thinly sliced
- ☐ 3 tablespoons green onions sliced
- ☐ 1 jalapeno fresh seeded chopped
- ☐ 6 servings lime wedges

- ☐ 1 large onion thinly sliced
- ☐ 2 roma tomatoes seeded chopped
- ☐ 6 servings romaine lettuce shredded
- ☐ 6 servings salsa
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons fajita seasoning
- ☐ 6 servings cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 large bell pepper red yellow thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan

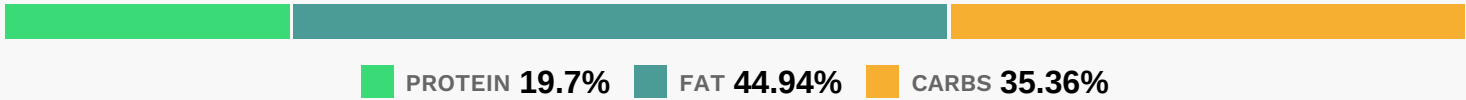
Directions

- ☐ If desired, partially freeze bison flank steak for easier slicing (about 30 minutes). Thinly slice across the grain into bite-size strips.
- ☐ Sprinkle sliced bison flank steak with 1 teaspoon of the fajita seasoning. Cover and chill for 30 minutes.
- ☐ Heat 1 tablespoon of the oil over medium-high heat in a large skillet. Cook garlic and the 1 jalapeno pepper in the hot oil for 2 minutes.
- ☐ Add onion. Cook and stir for 6 to 8 minutes or until onions are tender and begin to caramelize.
- ☐ Remove onion mixture to a medium bowl; cover and keep warm.
- ☐ Add bell peppers and remaining 1/2 teaspoon of fajita seasoning to skillet. Cook and stir for 6 to 8 minutes or until peppers are tender.
- ☐ Add peppers to onion mixture; cover and keep warm.
- ☐ Add the remaining 1 tablespoon oil to the skillet.
- ☐ Add 1/2 of the bison flank steak strips to skillet. Cook and stir for 1 to 2 minutes or until bison flank steak is browned.
- ☐ Remove from skillet and cook remaining bison flank steak.

- ☐
- Serve bison flank steak and vegetables in tortillas topped with salsa and sour cream.

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Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:9.47, Inflammation Score:-10, Nutrition Score:38.51304365241%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 488.85kcal (24.44%), Fat: 25.14g (38.67%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 33.71g (12.26%), Sugar: 7.48g (8.31%), Cholesterol: 52.44mg (17.48%), Sodium: 838.89mg (36.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.58%), Vitamin A: 8142.54IU (162.85%), Vitamin K: 133.85µg (127.48%), Vitamin C: 98.32mg (119.18%), Folate: 253.88µg (63.47%), Selenium: 35.47µg (50.67%), Vitamin B6: 0.98mg (49.06%), Vitamin B3: 9.43mg (47.17%), Fiber: 10.79g (43.16%), Manganese: 0.75mg (37.33%), Phosphorus: 367.97mg (36.8%), Potassium: 1188.81mg (33.97%), Vitamin B1: 0.48mg (32.08%), Iron: 5.23mg (29.07%), Zinc: 4.12mg (27.48%), Vitamin B2: 0.44mg (26.08%), Vitamin E: 3.07mg (20.47%), Magnesium: 81.14mg (20.29%), Copper: 0.39mg (19.44%), Vitamin B5: 1.87mg (18.75%), Calcium: 186.21mg (18.62%), Vitamin B12: 0.71µg (11.89%)