



Cheesy Chicken Fajitas

READY IN



25 min.

SERVINGS



25

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups four cheese shredded mexican style kraft finely
- 6 6-inch flour tortillas warmed ()
- 1 clove garlic minced
- 1 bell pepper green cut into strips
- 0.5 cup onions sliced
- 0.5 lb chicken breasts boneless skinless cut into thin strips

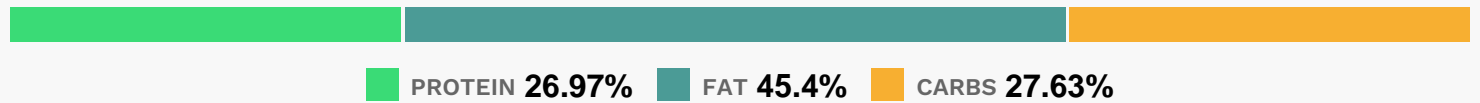
Equipment

- frying pan

Directions

- Cook chicken and garlic in large skillet sprayed with cooking spray on medium-high heat 5 min., stirring frequently.
- Add peppers and onions; cook and stir 4 to 5 min. or until chicken is done and vegetables are crisp-tender.
- Spoon 1/4 cup each chicken mixture and cheese down center of each tortilla; fold in sides to enclose filling.

Nutrition Facts



Properties

Glycemic Index:5.12, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:2.908695616152%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 62.45kcal (3.12%), Fat: 3.13g (4.81%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.89g (1.42%), Sugar: 0.54g (0.6%), Cholesterol: 12.59mg (4.2%), Sodium: 108.15mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Selenium: 6.46µg (9.23%), Phosphorus: 67mg (6.7%), Vitamin B3: 1.3mg (6.48%), Calcium: 60.33mg (6.03%), Vitamin C: 4.21mg (5.1%), Vitamin B6: 0.09mg (4.64%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.23%), Manganese: 0.05mg (2.48%), Folate: 9.64µg (2.41%), Zinc: 0.35mg (2.35%), Iron: 0.33mg (1.84%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 88.34IU (1.77%), Potassium: 61.27mg (1.75%), Magnesium: 6.6mg (1.65%), Fiber: 0.39g (1.56%), Vitamin B12: 0.09µg (1.5%), Vitamin K: 1.07µg (1.02%)