



Chicken and Bacon Fajitas

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices peppered bacon diced
- 1 cup cherry tomatoes cut in half
- 0.8 cup cilantro leaves chopped
- 8 large flour tortillas warmed (burrito size)
- 1 bell pepper green chopped
- 1.5 cups mushrooms chopped
- 0.5 cup onion chopped
- 1 bell pepper red chopped

- 8 servings salt to taste
- 3 chicken breast halves boneless skinless

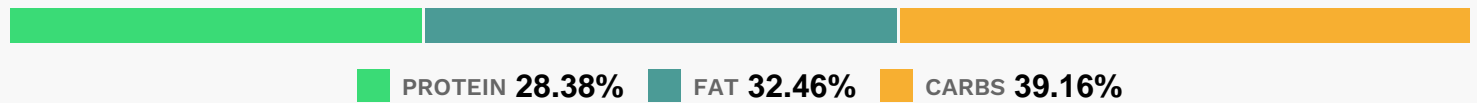
Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat. Cook the chicken breasts until the outside is golden brown, and the juices run clear. Salt the breasts to taste, then set aside.
- Cook the bacon in the hot skillet until it begins to release some oil. Stir in the onion, and bell peppers; cook until the bacon is crispy and the onions are translucent. Stir in the tomatoes and mushrooms, and continue cooking until the mushrooms have softened.
- Slice the cooked chicken breasts into bite-sized pieces, then add to the skillet along with the cilantro. Stir to combine, and cook for a minute to reheat. Spoon into warmed tortillas to serve.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:5.25, Inflammation Score:-7, Nutrition Score:13.24913046671%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 193.01kcal (9.65%), Fat: 6.94g (10.67%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 16.7g (6.07%), Sugar: 3.35g (3.72%), Cholesterol: 32.56mg (10.86%), Sodium: 523.44mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Vitamin C: 37.28mg (45.18%), Vitamin B3: 7.07mg (35.36%), Selenium: 23.75µg (33.93%), Vitamin B6: 0.48mg (24.07%), Phosphorus: 193.82mg (19.38%), Vitamin B1: 0.24mg (16.28%), Vitamin A: 729.03IU (14.58%), Vitamin B2: 0.23mg (13.65%), Manganese: 0.24mg (11.9%), Folate: 46.54µg (11.63%), Potassium: 388.34mg (11.1%), Vitamin B5: 1.08mg (10.75%), Iron: 1.66mg (9.22%), Vitamin K: 9.29µg (8.84%), Fiber: 2.14g (8.55%), Copper: 0.14mg (6.85%), Magnesium: 26.57mg (6.64%), Calcium:

54.87mg (5.49%), Zinc: 0.7mg (4.69%), Vitamin E: 0.55mg (3.68%), Vitamin B12: 0.13µg (2.22%)