



WHATSheATE



HEALTH SCORE

82%

Chicken and Pepper Fajitas



Very Healthy

READY IN



6 min.

SERVINGS



4

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bottled garlic minced
- ☐ 1 pound chicken breast tenders cut into 1/4-inch strips
- ☐ 8 8-inch flour tortillas fat-free ()
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 2 teaspoons olive oil
- ☐ 16 ounce pepper stir-fry frozen
- ☐ 2 teaspoons mexican seasoning salt-free

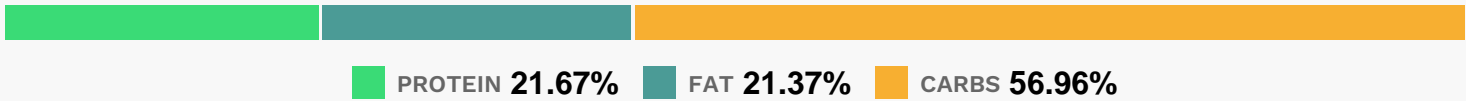
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook, stirring occasionally, 6 minutes.
- ☐ Remove chicken, and set aside.
- ☐ Add pepper stir-fry, garlic, and Mexican seasoning to pan. Saut 6 minutes or until vegetables are tender and most of water has evaporated.
- ☐ Add chicken, and cook 2 to 3 minutes or until thoroughly heated.
- ☐ Warm tortillas according to package directions. Spoon about 1/2 cup chicken mixture onto each tortilla; sprinkle each with 1 tablespoon cheese. Fold bottom and sides of tortillas to center.
- ☐ Serve with reduced-fat sour cream and salsa, if desired.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:30.7, Inflammation Score:-9, Nutrition Score:53.265651863554%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 814.1kcal (40.7%), Fat: 21.21g (32.63%), Saturated Fat: 8.22g (51.37%), Carbohydrates: 127.18g (42.39%), Net Carbohydrates: 93.72g (34.08%), Sugar: 4.76g (5.28%), Cholesterol: 85.15mg (28.38%), Sodium: 991.62mg (43.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.38g (96.76%), Manganese: 15.23mg (761.62%), Vitamin K: 210.21µg (200.2%), Fiber: 33.46g (133.86%), Selenium: 67.81µg (96.88%), Iron: 16.28mg (90.45%), Vitamin B3: 17.81mg (89.06%), Copper: 1.69mg (84.37%), Calcium: 815.27mg (81.53%), Phosphorus: 705.26mg (70.53%), Vitamin B6: 1.37mg (68.47%), Magnesium: 258.18mg (64.54%), Potassium: 2126.72mg (60.76%), Vitamin B1: 0.73mg (48.64%), Vitamin B2: 0.68mg (40.09%), Vitamin B5: 3.47mg (34.67%), Folate: 128.3µg (32.08%), Zinc: 3.12mg (20.83%), Vitamin A: 805.52IU (16.11%), Vitamin E: 2.18mg (14.5%), Vitamin B12: 0.34µg (5.73%), Vitamin C: 3.76mg (4.55%), Vitamin D: 0.2µg (1.32%)