



Chicken-and-Sweet Pepper Fajitas

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper strips green
- 1 cup bell pepper strips red
- 1 cup bell pepper strips yellow
- 0.1 teaspoon pepper black
- 4 8-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup jalapeno seeded thinly sliced (2 peppers)
- 2 tablespoons cream cheese light with garlic and spices
- 2 cups onion vertically sliced

- 0.3 teaspoon salt
- 12 ounces skinned cut into 2 x 1/4-inch strips
- 2 teaspoons vegetable oil divided

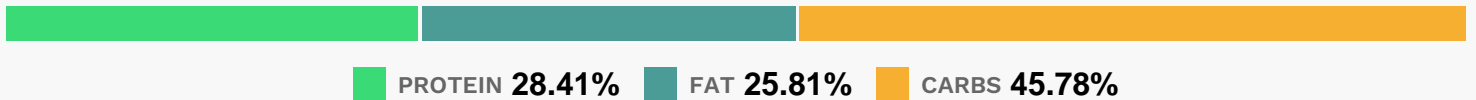
Equipment

- frying pan

Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add the onion, bell peppers, and jalapeo; stir-fry 12 minutes or until crisp-tender.
- Remove bell pepper mixture from skillet; stir in cilantro, salt, and black pepper.
- Heat 1 teaspoon oil in skillet over medium-high heat.
- Add chicken; saut 3 minutes or until done. Return pepper mixture to skillet; cook 1 minute or until thoroughly heated.
- Heat tortillas according to package directions.
- Spread 1 1/2 teaspoons of cream cheese over each tortilla. Divide chicken mixture evenly among tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:10.27, Inflammation Score:-9, Nutrition Score:25.327826302984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 18.53mg, Quercetin: 18.53mg, Quercetin: 18.53mg, Quercetin: 18.53mg

Nutrients (% of daily need)

Calories: 349.27kcal (17.46%), Fat: 10.04g (15.44%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 34.95g (12.71%), Sugar: 8.42g (9.36%), Cholesterol: 58.48mg (19.49%), Sodium: 653.63mg (28.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.71%), Vitamin C: 159.95mg (193.88%), Vitamin B3: 12.19mg (60.95%), Selenium: 39.48µg (56.39%), Vitamin B6: 1.05mg (52.33%), Phosphorus: 346.54mg (34.65%), Vitamin A: 1598.09IU (31.96%), Vitamin B1: 0.41mg (27.05%), Manganese: 0.52mg (25.95%), Folate: 100.87µg (25.22%), Potassium: 758.27mg (21.66%), Fiber: 5.11g (20.43%), Vitamin B2: 0.32mg (18.94%), Vitamin K: 18.24µg (17.37%), Vitamin B5: 1.7mg (17.01%), Iron: 2.85mg (15.84%), Magnesium: 55.9mg (13.97%), Calcium: 120.58mg (12.06%), Copper: 0.19mg (9.35%), Vitamin E: 1.34mg (8.96%), Zinc: 1.16mg (7.75%), Vitamin B12: 0.24µg (3.98%)