



Chicken-Carrot Fajitas

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots shredded
- 8 warm flour tortillas (10 in.)
- 2 teaspoons garlic minced pressed
- 1 teaspoon ground cumin
- 4 servings jack cheese shredded
- 1 cup onion sliced
- 1 teaspoon salad oil
- 4 servings salsa
- 4 servings salt and pepper

4 servings cup heavy whipping cream sour

1 pound boned

Equipment

bowl

frying pan

Directions

Rinse chicken, pat dry, and cut into 1/2-inch pieces.

In a 10- to 12-inch nonstick frying pan over high heat, combine oil, onion, carrots, garlic, and cumin; stir often until onion is lightly browned, about 5 minutes.

Pour into a bowl.

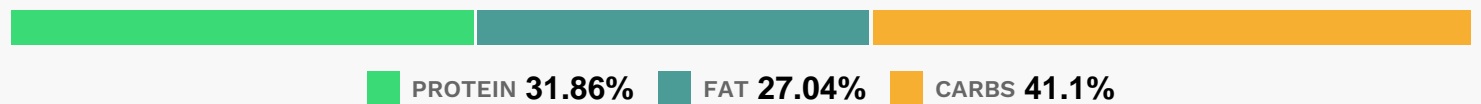
Add chicken to pan and stir often until no longer pink in center of thickest part (cut to test), about 5 minutes.

Pour onion-carrot mixture back into pan and stir until hot, 1 to 2 minutes.

Spoon chicken mixture onto tortillas.

Add sour cream, cheese, salsa, and salt and pepper to taste. Fold tortillas around filling to eat.

Nutrition Facts



Properties

Glycemic Index:42.46, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:25.734347895436%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 391.71kcal (19.59%), Fat: 11.66g (17.94%), Saturated Fat: 3.91g (24.46%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 35.54g (12.92%), Sugar: 7.1g (7.89%), Cholesterol: 80.54mg (26.85%), Sodium: 1011.35mg

(43.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.83%), Vitamin A: 5623.27IU (112.47%), Vitamin B3: 15.24mg (76.22%), Selenium: 51.02µg (72.88%), Vitamin B6: 1.06mg (52.99%), Phosphorus: 413.13mg (41.31%), Vitamin B1: 0.43mg (28.92%), Manganese: 0.49mg (24.53%), Potassium: 768.74mg (21.96%), Vitamin B2: 0.35mg (20.56%), Vitamin B5: 1.97mg (19.67%), Folate: 76.89µg (19.22%), Iron: 3.29mg (18.26%), Fiber: 4.34g (17.34%), Calcium: 149.06mg (14.91%), Magnesium: 59mg (14.75%), Vitamin K: 11.25µg (10.71%), Vitamin C: 7.43mg (9.01%), Zinc: 1.3mg (8.64%), Copper: 0.16mg (7.76%), Vitamin E: 1.07mg (7.11%), Vitamin B12: 0.26µg (4.34%)