



Chicken Fajita Burritos with Feta Crema

READY IN



35 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cabbage shredded finely
- 0.5 cup cilantro leaves chopped
- 1 teaspoon cumin
- 3 oz feta cheese crumbled
- 4 flour tortillas warmed (10 in.)
- 1 teaspoon garlic salt
- 0.5 jalapeño chile minced seeded
- 1 tablespoon juice of lime
- 3 tablespoons olive oil

- 1 teaspoon pepper
- 3 roma tomatoes seeded chopped
- 2 teaspoons paprika smoked
- 0.5 cup cup heavy whipping cream sour
- 1 bunch spring onion (with fat bulbs) or regular green onions, thinly sliced (4)
- 1 pound boned cut into 1-in. chunks (2 to 3)

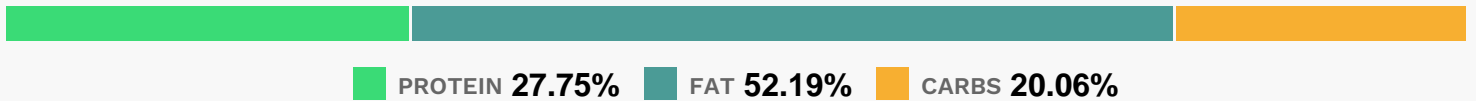
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk together seasonings in a medium bowl.
- Add chicken and turn to coat.
- Stir sour cream, jalapeo, feta, and lime juice in a small bowl to make feta crema.
- Heat oil over medium-high heat in a large frying pan and cook chicken until browned and cooked through, turning pieces occasionally, about 7 minutes.
- Add tomatoes and onions to pan with a squeeze of lime and stir to blend.
- Divide chicken mixture among tortillas, top with cabbage and cilantro, then feta crema. Wrap up burrito-style and serve with more lime wedges.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:6.1, Inflammation Score:-8, Nutrition Score:25.858260730039%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin:

0.33mg, Naringenin: 0.33mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 454.06kcal (22.7%), Fat: 26.4g (40.61%), Saturated Fat: 8.76g (54.78%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 19.55g (7.11%), Sugar: 4.85g (5.39%), Cholesterol: 108.46mg (36.15%), Sodium: 1197.47mg (52.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.16%), Vitamin B3: 13.96mg (69.8%), Selenium: 47.52µg (67.88%), Vitamin K: 60.41µg (57.53%), Vitamin B6: 1.09mg (54.5%), Phosphorus: 424.28mg (42.43%), Vitamin C: 25.72mg (31.17%), Vitamin A: 1441.65IU (28.83%), Vitamin B2: 0.47mg (27.84%), Calcium: 218mg (21.8%), Potassium: 750.22mg (21.43%), Vitamin B5: 2.14mg (21.41%), Vitamin B1: 0.31mg (20.92%), Manganese: 0.4mg (20.08%), Vitamin E: 2.65mg (17.64%), Folate: 69.84µg (17.46%), Iron: 2.74mg (15.25%), Magnesium: 59.08mg (14.77%), Fiber: 3.29g (13.15%), Zinc: 1.78mg (11.86%), Vitamin B12: 0.65µg (10.78%), Copper: 0.14mg (6.89%), Vitamin D: 0.2µg (1.32%)