



WHATSheATE



Chicken Fajita Grilled Cheese

♥♥ Popular

READY IN



40 min.

SERVINGS



1

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 0.5 cup chicken fajitas
- ☐ 1 slice jack shredded (or)
- ☐ 1 slice cheddar shredded (or)

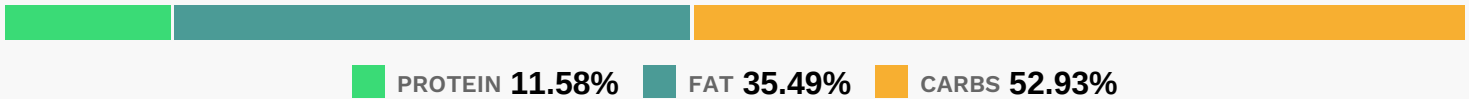
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐
- Heat a pan over medium heat.Butter one side of each slice of bread, place one slice in the pan with buttered side down, top with half of the cheddar followed by the chicken fajitas, the remaining cheddar and finally the other slice of bread with buttered side up.Grill until golden brown on both sides and the cheese is melted, about 2-4 minutes per side.
- ☐
- Serve with guacamole, salsa and sour cream for dipping.

Nutrition Facts



Properties

Glycemic Index:210.67, Glycemic Load:41.22, Inflammation Score:-7, Nutrition Score:16.928695602262%

Nutrients (% of daily need)

Calories: 472.96kcal (23.65%), Fat: 19.37g (29.8%), Saturated Fat: 9.27g (57.93%), Carbohydrates: 65g (21.67%), Net Carbohydrates: 60.28g (21.92%), Sugar: 34.7g (38.56%), Cholesterol: 51.44mg (17.15%), Sodium: 383.72mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.45%), Manganese: 0.74mg (37.19%), Vitamin B6: 0.7mg (35.05%), Vitamin B3: 6.5mg (32.5%), Selenium: 20.46µg (29.22%), Vitamin C: 23.15mg (28.06%), Vitamin B1: 0.42mg (28.04%), Potassium: 873.55mg (24.96%), Folate: 89.46µg (22.36%), Magnesium: 76.78mg (19.2%), Fiber: 4.72g (18.86%), Vitamin B2: 0.27mg (16.09%), Phosphorus: 154.7mg (15.47%), Iron: 2.64mg (14.69%), Calcium: 123.01mg (12.3%), Vitamin A: 580.47IU (11.61%), Vitamin B5: 1.11mg (11.13%), Copper: 0.22mg (11.08%), Zinc: 1.2mg (8.01%), Vitamin E: 1.08mg (7.21%), Vitamin K: 4.15µg (3.96%), Vitamin B12: 0.12µg (1.97%)