



Chicken Fajita Lettuce Wraps for Two

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 tsp ground cumin
- 4 large iceberg lettuce leaves
- 3 Tbsp lite house dressing italian divided kraft
- 0.5 cup milk mild cheddar cheese shredded 2% kraft
- 0.5 cup onions sliced
- 1 bell pepper red cut into strips
- 0.5 lb chicken breasts boneless skinless cut into strips

Equipment

- bowl
- frying pan

Directions

- Mix 2 Tbsp. dressing and cumin in medium bowl.
- Add chicken; toss to coat. Refrigerate 30 min.
- Heat remaining dressing in large nonstick skillet on medium heat.
- Add peppers and onions; cook and stir 6 to 8 min. or until crisp-tender.
- Transfer to bowl; cover to keep warm.
- Add chicken mixture to skillet; cook 8 to 10 min. or until chicken is done, stirring frequently.
- Add cooked vegetables; cook 2 min. or until heated through, stirring occasionally.
- Spoon chicken mixture onto lettuce leaves; top with cheese.
- Roll up.

Nutrition Facts

PROTEIN 38.74% **FAT 47.66%** **CARBS 13.6%**

Properties

Glycemic Index:123, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:41.883478226869%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.97mg, Quercetin: 16.97mg, Quercetin: 16.97mg

Nutrients (% of daily need)

Calories: 663.27kcal (33.16%), Fat: 34.93g (53.73%), Saturated Fat: 13.55g (84.68%), Carbohydrates: 22.42g (7.47%), Net Carbohydrates: 18.15g (6.6%), Sugar: 13.98g (15.53%), Cholesterol: 201.65mg (67.22%), Sodium: 1082.09mg (47.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.88g (127.77%), Vitamin C: 162.05mg (196.43%), Selenium: 90.01µg (128.59%), Vitamin B3: 25.05mg (125.25%), Vitamin B6: 2.22mg (111.14%), Vitamin A: 4541.35IU (90.83%), Phosphorus: 803.44mg (80.34%), Calcium: 451.35mg (45.13%), Vitamin B5: 3.97mg (39.7%), Vitamin K: 40.38µg (38.46%), Potassium: 1337.17mg (38.2%), Vitamin B2: 0.61mg (35.74%), Zinc: 3.91mg (26.09%),

Magnesium: 101.86mg (25.47%), Vitamin E: 3.78mg (25.22%), Folate: 100.18µg (25.05%), Vitamin B1: 0.29mg (19.07%), Vitamin B12: 1.05µg (17.54%), Fiber: 4.27g (17.08%), Manganese: 0.34mg (16.91%), Iron: 2.02mg (11.23%), Copper: 0.15mg (7.49%), Vitamin D: 0.57µg (3.77%)