



## Chicken Fajita Melts

READY IN



35 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 slices bread french (1/)
- 0.5 cup onions sliced
- 0.5 cup bell pepper red sliced
- 1 cup salsa
- 2 cups cheddar cheese shredded
- 36 ounce chicken breast halves boneless skinless thinly sliced
- 2 tablespoons taco seasoning
- 0.5 cup sacramento tomato juice
- 3 tablespoons vegetable oil

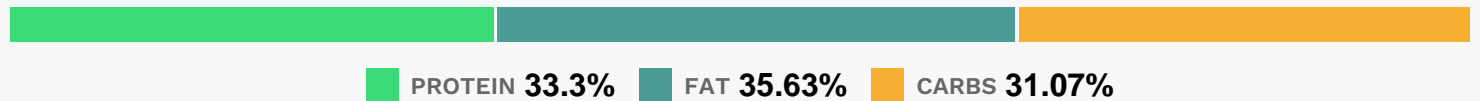
## Equipment

- frying pan
- oven
- broiler

## Directions

- Heat the oil in a large skillet over medium-high heat.
- Add the chicken, and cook and stir until lightly browned, about 5 minutes.
- Stir in the sliced onions and red peppers, and cook and stir for 5 minutes or until the vegetables are tender. Stir in the tomato juice and taco seasoning, and mix well. Cook mixture until the juice has thickened and the chicken is well coated with sauce, about an additional 7 minutes.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Spread 2 tablespoons of salsa over each slice of French bread. Evenly spoon the chicken mixture on top of the salsa topped bread.
- Sprinkle each sandwich with 1/4 cup Cheddar cheese.
- Place sandwiches under the preheated broiler and cook for 5 minutes or until the cheese is melted and beginning to brown.

## Nutrition Facts



## Properties

Glycemic Index:24.73, Glycemic Load:26.3, Inflammation Score:-8, Nutrition Score:26.925217441891%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 499.46kcal (24.97%), Fat: 19.67g (30.25%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 36.05g (13.11%), Sugar: 5.76g (6.4%), Cholesterol: 109.9mg (36.63%), Sodium: 983.94mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.36g (82.73%), Selenium: 67.52µg (96.46%), Vitamin B3: 16.97mg (84.87%), Vitamin B6: 1.16mg (57.83%), Phosphorus: 482.94mg (48.29%), Vitamin B1: 0.57mg (38.16%), Vitamin B2: 0.55mg (32.42%), Calcium: 252.96mg (25.3%), Folate: 100.28µg (25.07%), Vitamin B5: 2.29mg (22.94%), Vitamin C: 17.87mg (21.66%), Manganese: 0.43mg (21.4%), Potassium: 721.53mg (20.62%), Iron: 3.33mg (18.48%), Vitamin A: 896.09IU (17.92%), Magnesium: 69.94mg (17.48%), Zinc: 2.57mg (17.14%), Vitamin K: 12.97µg (12.35%), Vitamin E: 1.6mg (10.67%), Fiber: 2.54g (10.15%), Vitamin B12: 0.55µg (9.24%), Copper: 0.18mg (8.85%), Vitamin D: 0.3µg (1.98%)