



Chicken Fajita Wraps

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb bell pepper red frozen (or other combination)
- ☐ 1 tablespoon chili powder
- ☐ 8 8-inch flour tortilla ()
- ☐ 1 teaspoon salt
- ☐ 1.3 lb chicken breast boneless skinless cut into thin strips
- ☐ 1 tablespoon vegetable oil

Equipment

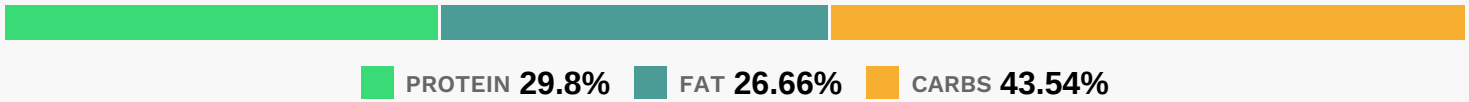
- ☐ bowl

☐ frying pan

Directions

- ☐ In large bowl, sprinkle chili powder and salt over chicken; toss.
- ☐ In 12-inch skillet, heat oil over high heat. Cook chicken in oil 3 to 4 minutes, stirring frequently, until no longer pink in center. Stir in vegetables. Cook about 4 minutes, stirring frequently, until vegetables are crisp-tender.
- ☐ Onto center of each tortilla, spoon about 1/2 cup of the chicken mixture. Fold top and bottom ends of each tortilla about 1 inch over filling; fold right and left sides over folded ends, overlapping.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:17.34, Inflammation Score:-10, Nutrition Score:37.872608845649%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 538.89kcal (26.94%), Fat: 15.85g (24.38%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 58.22g (19.41%), Net Carbohydrates: 51.57g (18.75%), Sugar: 8.69g (9.66%), Cholesterol: 90.72mg (30.24%), Sodium: 1533.85mg (66.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.85g (79.7%), Vitamin C: 146.86mg (178.02%), Vitamin B3: 20.63mg (103.17%), Selenium: 68.63µg (98.04%), Vitamin A: 4186.02IU (83.72%), Vitamin B6: 1.49mg (74.69%), Phosphorus: 543.27mg (54.33%), Vitamin B1: 0.67mg (44.67%), Folate: 154.27µg (38.57%), Manganese: 0.69mg (34.38%), Vitamin B2: 0.54mg (32.03%), Iron: 5.07mg (28.15%), Fiber: 6.65g (26.59%), Potassium: 930.36mg (26.58%), Vitamin B5: 2.56mg (25.64%), Vitamin E: 3.1mg (20.68%), Vitamin K: 21.55µg (20.52%), Magnesium: 75.9mg (18.97%), Calcium: 170.91mg (17.09%), Zinc: 1.73mg (11.56%), Copper: 0.18mg (9.2%), Vitamin B12: 0.28µg (4.72%)