



Chicken Fajitas



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 tablespoons pickled jalapeño peppers minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion sliced
- ☐ 1 bell pepper red cut lengthwise into 1/2
- ☐ 3 cups rotisserie chicken cut shredded cooked
- ☐ 4 servings toppings: salsa sour

☐ 0.5 teaspoon salt

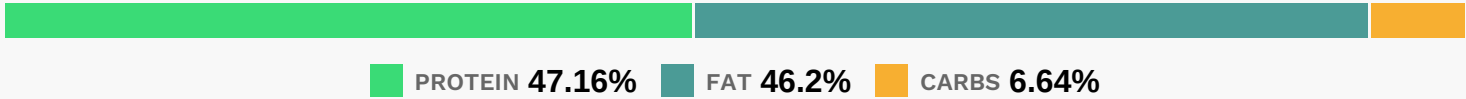
Equipment

☐ frying pan

Directions

- ☐ Heat 2 Tbsp. olive oil in a large skillet over medium heat.
- ☐ Add bell pepper and next 3 ingredients. Cook 8 minutes or until pepper and onion are tender, stirring often.
- ☐ Add chicken, cilantro, and jalapeo peppers; cook 2 minutes or until thoroughly heated.
- ☐ Remove from heat, and keep warm.
- ☐ Warm tortillas according to package directions.
- ☐ Transfer chicken mixture to a serving platter.
- ☐ Serve with tortillas and desired toppings.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:7.2008695110031%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 419.02kcal (20.95%), Fat: 21.75g (33.47%), Saturated Fat: 4.86g (30.38%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.9g (4.34%), Cholesterol: 170.34mg (56.78%), Sodium: 1119.48mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.96g (99.91%), Vitamin C: 47.49mg (57.57%), Vitamin A: 1169.68IU (23.39%), Vitamin E: 2.09mg (13.94%), Vitamin B6: 0.2mg (10.05%), Vitamin K: 9.11µg (8.68%), Fiber: 1.86g (7.44%), Manganese: 0.12mg (6.04%), Potassium: 205.6mg (5.87%), Folate: 21.92µg (5.48%), Vitamin

B3: 0.77mg (3.84%), Magnesium: 12.96mg (3.24%), Iron: 0.55mg (3.04%), Vitamin B1: 0.04mg (2.93%), Phosphorus: 28.8mg (2.88%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.21mg (2.12%), Copper: 0.04mg (2.11%), Calcium: 20.82mg (2.08%), Zinc: 0.21mg (1.38%)