



Chicken Fajitas

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 6 6-inch flour tortillas ()
- 1 bell pepper green sliced
- 1 onion sliced
- 0.8 cup taco bellâ® & chunky salsa thick

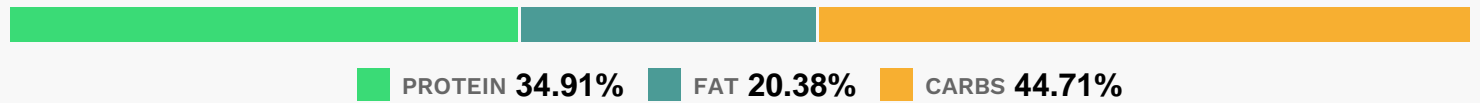
Equipment

- frying pan

Directions

- Heat skillet sprayed with cooking spray on medium-high heat.
- Add green pepper and onion; cook and stir 5 minutes or until crisp-tender.
- Add chicken breast strips; cook an additional 5 minutes or until heated through.
- Fill tortillas with chicken mixture; roll up.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:11.83, Glycemic Load:5.12, Inflammation Score:-5, Nutrition Score:11.641304223434%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 177.16kcal (8.86%), Fat: 3.98g (6.12%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 17.36g (6.31%), Sugar: 3.6g (4.01%), Cholesterol: 36.29mg (12.1%), Sodium: 501.1mg (21.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.67%), Vitamin B3: 7.72mg (38.6%), Selenium: 25.22µg (36.03%), Vitamin B6: 0.57mg (28.3%), Vitamin C: 18.6mg (22.55%), Phosphorus: 200.55mg (20.06%), Vitamin B1: 0.22mg (14.55%), Manganese: 0.24mg (12.06%), Potassium: 392.61mg (11.22%), Vitamin B5: 0.96mg (9.65%), Vitamin B2: 0.16mg (9.54%), Folate: 37.23µg (9.31%), Fiber: 2.28g (9.14%), Iron: 1.54mg (8.56%), Magnesium: 30.03mg (7.51%), Calcium: 61.93mg (6.19%), Vitamin A: 246.76IU (4.94%), Vitamin K: 5.18µg (4.93%), Copper: 0.09mg (4.39%), Zinc: 0.61mg (4.07%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.11µg (1.89%)