



Chicken Fajitas

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado ripe peeled halved seeded
- 1 cup cilantro leaves packed for serving
- 12 corn tortillas
- 2 cloves garlic
- 0.3 cup greek yogurt fat-free
- 0.1 teaspoon ground coriander
- 0.1 teaspoon ground cumin
- 1 tablespoon honey

- 1 jalapeño seeded
- 6 servings kosher salt
- 0.3 cup juice of lime
- 0.3 cup chicken broth low-sodium
- 1.5 teaspoons olive oil
- 2 orange and/or bell peppers yellow seeds removed quartered
- 1 onion red sliced into 1/ rounds
- 3 scallions cut into 1-inch pieces
- 0.5 pounds chicken breasts boneless skinless

Equipment

- bowl
- frying pan
- blender
- grill

Directions

- Put the cilantro, lime juice, broth, scallions, garlic, jalapeno, honey, and salt in a blender, puree until smooth. Reserve 2 tablespoons; do not wash out the blender.
- Put chicken breasts in a medium bowl and the peppers and onions in another. Divide the remaining cilantro puree evenly between the chicken and the peppers and onions. Toss well to coat the chicken and vegetables and let stand, at room temperature, for 30 minutes.
- Add the avocado, 1/2 cup water, and the reserved 2 tablespoons cilantro sauce to the blender. Puree until smooth and season with salt. Set aside.
- Heat the oil in a small skillet set over medium heat until hot.
- Add the cumin and coriander and continue to cook until fragrant, about 30 seconds to 1 minute.
- Pour the spices over the yogurt and set aside for the flavors to blend. Stir before serving.
- Preheat a grill for medium-high/direct heat cooking. Oil the grill grates. Grill the chicken and vegetables, turning, until the vegetables are tender and the chicken reaches an internal

temperature of 160 degrees F, about 5 to 8 minutes for the vegetables and 12 to 15 minutes for the chicken.

- Let chicken rest 5 minutes.
- Place the tortillas on the grill until just warmed through, about 30 seconds.
- To assemble the fajitas: slice the onions and peppers into thin strips and then slice the chicken.
- Place some peppers, onions, chicken and cilantro in a tortilla topped with the spiced yogurt and the avocado sauce.

Nutrition Facts

PROTEIN 19.88% **FAT 28.36%** **CARBS 51.76%**

Properties

Glycemic Index:50.13, Glycemic Load:12.4, Inflammation Score:-7, Nutrition Score:18.180869579315%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 261.73kcal (13.09%), Fat: 8.64g (13.29%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 28.91g (10.51%), Sugar: 5.06g (5.62%), Cholesterol: 24.61mg (8.2%), Sodium: 273.73mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Vitamin C: 85.93mg (104.16%), Vitamin B6: 0.61mg (30.64%), Vitamin B3: 5.95mg (29.76%), Phosphorus: 296.77mg (29.68%), Vitamin K: 28.98µg (27.6%), Fiber: 6.58g (26.3%), Selenium: 16.7µg (23.86%), Magnesium: 68.26mg (17.06%), Manganese: 0.34mg (17.04%), Potassium: 585.31mg (16.72%), Folate: 52.86µg (13.22%), Vitamin B5: 1.23mg (12.25%), Copper: 0.23mg (11.5%), Vitamin B2: 0.17mg (10.08%), Zinc: 1.34mg (8.93%), Vitamin B1: 0.13mg (8.52%), Vitamin E: 1.27mg (8.45%), Vitamin A: 411.9IU (8.24%), Iron: 1.44mg (7.97%), Calcium: 76.89mg (7.69%), Vitamin B12: 0.14µg (2.4%)