



## Chicken Fajitas

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**377 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bell peppers sliced (any color)
- 1 teaspoon chili powder
- 8 corn tortillas
- 1.5 ounces cotija cheese crumbled
- 2 cloves garlic finely chopped
- 0.8 teaspoon ground cumin
- 4 servings kosher salt and pepper freshly ground
- 0.5 teaspoon lime zest grated for serving

- 2 tablespoons olive oil extra-virgin
- 0.5 cup pico de gallo fresh prepared
- 1 onion red sliced
- 1 pound chicken breasts boneless skinless

## Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- cutting board

## Directions

- Preheat the oven to 425 degrees F.
- Mix the chili powder, 1/2 teaspoon cumin, and 1/4 teaspoon each salt and pepper and rub on the chicken breasts.
- Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- Add the chicken and cook, turning, until golden, 4 to 5 minutes.
- Transfer to a baking sheet, reserving the skillet, and bake until just cooked through, 8 to 10 minutes.
- Transfer to a cutting board to rest, 5 minutes. Meanwhile, heat the remaining 1 tablespoon olive oil in the reserved skillet over medium heat.
- Add the bell peppers, onion, garlic and the remaining 1/4 teaspoon cumin and cook, stirring, until the vegetables are lightly browned, 8 minutes. Stir in the lime zest and 2 tablespoons water. Season with salt. Wrap the tortillas in aluminum foil and warm in the oven, 5 minutes, then divide among plates. Slice the chicken. Top the tortillas with the chicken, bell pepper mixture, pico de gallo and cheese.
- Serve with lime wedges.
- Photograph by Christopher Testani

## Nutrition Facts



■ PROTEIN 30.9% ■ FAT 32.98% ■ CARBS 36.12%

## Properties

Glycemic Index:50.88, Glycemic Load:11.64, Inflammation Score:-9, Nutrition Score:25.81521734984%

## Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

## Nutrients (% of daily need)

Calories: 377.46kcal (18.87%), Fat: 14.07g (21.65%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 29.44g (10.71%), Sugar: 6.84g (7.6%), Cholesterol: 82.04mg (27.35%), Sodium: 681.96mg (29.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.34%), Vitamin C: 81.74mg (99.08%), Vitamin B3: 13.41mg (67.07%), Vitamin B6: 1.25mg (62.26%), Selenium: 41.59µg (59.41%), Phosphorus: 466.4mg (46.64%), Vitamin A: 2229.72IU (44.59%), Fiber: 5.24g (20.98%), Magnesium: 81.35mg (20.34%), Potassium: 711.41mg (20.33%), Vitamin B5: 2.01mg (20.12%), Vitamin B2: 0.3mg (17.8%), Vitamin E: 2.54mg (16.92%), Manganese: 0.34mg (16.91%), Zinc: 1.9mg (12.66%), Vitamin B1: 0.19mg (12.62%), Calcium: 118.82mg (11.88%), Folate: 43.38µg (10.84%), Iron: 1.85mg (10.25%), Vitamin K: 8.23µg (7.84%), Copper: 0.15mg (7.4%), Vitamin B12: 0.41µg (6.77%), Vitamin D: 0.16µg (1.04%)