



 **68%**
HEALTH SCORE

Chicken Fajitas

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



982 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground chili powder to taste
- 8 8-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh divided chopped
- 2 garlic cloves minced
- 1.3 teaspoons ground cumin to taste
- 4 servings guacamole sour prepared sliced
- 6 tablespoons juice of lime fresh divided
- 2 tablespoons olive oil divided

- 1 onion sliced
- 3 pound roasted chicken whole chopped
- 4 servings salt to taste
- 2 a combination red yellow cored sliced

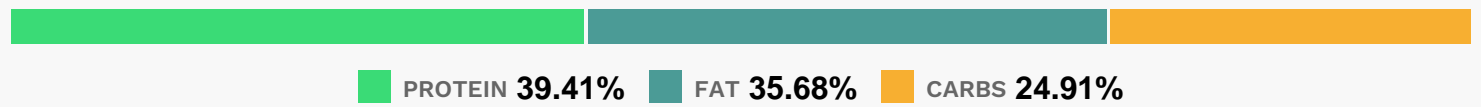
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat 1 tablespoon oil in a large skillet over medium-high heat; add onion, bell pepper, and salt, and cook 3 minutes.
- Add garlic, cumin, and chili powder, and cook 1 minute or until vegetables are crisp-tender.
- Remove from heat, and stir in 2 tablespoons lime juice and 2 tablespoons cilantro.
- Heat tortillas according to package directions.
- Whisk together remaining 1 tablespoon oil, 4 tablespoons lime juice, and 2 tablespoons cilantro in a small bowl; season with salt.
- Drizzle dressing over chicken; toss to coat. Arrange chicken, vegetables, and warm tortillas on platter.
- Serve with toppings.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:17.48, Inflammation Score:-10, Nutrition Score:43.918260906054%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin:

0.09mg, Naringenin: 0.09mg 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, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 982.36kcal (49.12%), Fat: 38.16g (58.71%), Saturated Fat: 10.18g (63.6%), Carbohydrates: 59.94g (19.98%), Net Carbohydrates: 54.11g (19.67%), Sugar: 8.04g (8.94%), Cholesterol: 255.15mg (85.05%), Sodium: 1214.65mg (52.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.84g (189.68%), Vitamin B3: 32.11mg (160.53%), Selenium: 107.05µg (152.92%), Vitamin C: 86.86mg (105.29%), Phosphorus: 899.5mg (89.95%), Vitamin B6: 1.71mg (85.33%), Vitamin B1: 0.79mg (52.44%), Vitamin B2: 0.86mg (50.82%), Iron: 8.83mg (49.04%), Vitamin A: 2297.85IU (45.96%), Zinc: 6.02mg (40.15%), Folate: 152.44µg (38.11%), Vitamin B5: 3.75mg (37.48%), Manganese: 0.74mg (36.83%), Potassium: 1147.38mg (32.78%), Vitamin K: 30.83µg (29.36%), Magnesium: 110.44mg (27.61%), Fiber: 5.83g (23.33%), Calcium: 218.75mg (21.87%), Copper: 0.35mg (17.46%), Vitamin B12: 0.99µg (16.44%), Vitamin E: 2.27mg (15.16%)