



Chicken Fajitas

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons canola oil
- 0.5 teaspoon ground pepper
- 0.5 teaspoon chili powder
- 1 garlic clove minced
- 0.5 teaspoon juice of lime
- 0.5 teaspoon liquid smoke
- 1 teaspoon soy sauce reduced-sodium
- 1 medium onion julienned

- 0.3 teaspoon pepper
- 0.5 small bell pepper sweet green red julienned
- 2 servings cup heavy whipping cream sour
- 0.5 teaspoon salt
- 8 ounces chicken breast halves boneless skinless

Equipment

- frying pan
- paper towels
- grill
- kitchen thermometer
- ziploc bags
- tongs

Directions

- In a large resealable plastic bag, combine the first eight ingredients; if desired, add liquid smoke.
- Add chicken; seal bag and turn to coat. Refrigerate at least 2 hours.
- Drain chicken, discarding marinade. Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Grill chicken, covered, over medium heat or broil 4 in. from heat 4–6 minutes on each side or until a thermometer reads 165°.
- In a large nonstick skillet, heat oil over medium–high heat.
- Add onion and red pepper; cook and stir 5–7 minutes or until tender. Stir in soy sauce and lime juice.
- Cut chicken into thin slices; add to vegetables.
- Serve with tortillas and, if desired, salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:16.696521810863%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 250.04kcal (12.5%), Fat: 12.64g (19.45%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 6.36g (2.31%), Sugar: 3.68g (4.09%), Cholesterol: 89.52mg (29.84%), Sodium: 821.36mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin B3: 12.23mg (61.14%), Selenium: 37.42µg (53.45%), Vitamin B6: 1.02mg (51.05%), Vitamin C: 30.43mg (36.88%), Phosphorus: 277.58mg (27.76%), Vitamin A: 1193.28IU (23.87%), Vitamin B5: 1.81mg (18.07%), Potassium: 592.7mg (16.93%), Vitamin E: 1.71mg (11.42%), Vitamin B2: 0.19mg (11.16%), Magnesium: 42.4mg (10.6%), Manganese: 0.2mg (9.83%), Vitamin B1: 0.12mg (7.89%), Fiber: 1.75g (7%), Folate: 26.08µg (6.52%), Zinc: 0.91mg (6.07%), Vitamin K: 6.06µg (5.77%), Iron: 0.84mg (4.69%), Vitamin B12: 0.25µg (4.18%), Calcium: 37.01mg (3.7%), Copper: 0.07mg (3.68%), Vitamin D: 0.35µg (2.36%)