



Chicken Fajitas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounces canned tomatoes diced with green chiles, drained canned
- ☐ 1 teaspoon chili powder
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 1 tablespoon garlic fresh chopped
- ☐ 1 medium bell pepper green thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 lime cut into wedges

- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 teaspoons nonfat greek yogurt plain
- ☐ 2 teaspoons olive oil divided
- ☐ 1 medium onion thinly sliced
- ☐ 2 radishes thinly sliced
- ☐ 1 medium bell pepper red thinly sliced
- ☐ 4 tablespoons salsa divided
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound chicken breast boneless skinless cut into 2-inch strips
- ☐ 4 8-inch tortillas whole-wheat (es each)

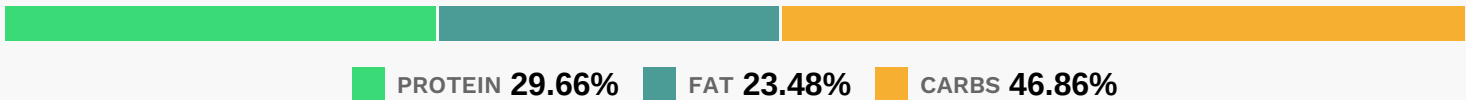
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F. In a bowl, toss chicken with garlic, juice, 1 teaspoon oil, chili powder and cumin; marinate 20 minutes. Coat a rimmed sheet pan with cooking spray; add chicken with marinade, onion, bell peppers, tomatoes with chiles, salt, black pepper and remaining 1 tsp oil; toss to combine. Roast, stirring once, until chicken is cooked through,20 minutes. Wrap tortillas in foil; heat in oven during last 10 minutes of roasting time. Stir 2 tablespoons salsa and 2 tablespoonscilantro into chicken mixture; divide evenly among tortillas, along with remaining 2 tablespoons salsa, yogurt and remaining 1 tablespoon cilantro.
- ☐ Garnish with radish slices and lime wedges, if desired.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:9.62, Inflammation Score:-9, Nutrition Score:26.03478272324%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 332.49kcal (16.62%), Fat: 8.81g (13.55%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 34.06g (12.39%), Sugar: 8.69g (9.65%), Cholesterol: 54.68mg (18.23%), Sodium: 895.25mg (38.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.07%), Vitamin C: 81.94mg (99.32%), Vitamin B3: 12.64mg (63.22%), Selenium: 39.98µg (57.12%), Vitamin B6: 1.05mg (52.3%), Phosphorus: 346.76mg (34.68%), Vitamin A: 1447.77IU (28.96%), Vitamin B1: 0.42mg (28.19%), Manganese: 0.54mg (26.95%), Potassium: 826.52mg (23.61%), Fiber: 5.5g (21.99%), Iron: 3.95mg (21.94%), Folate: 85.08µg (21.27%), Vitamin B2: 0.36mg (21.09%), Vitamin B5: 1.69mg (16.87%), Magnesium: 60.84mg (15.21%), Calcium: 147.01mg (14.7%), Vitamin E: 2.18mg (14.56%), Vitamin K: 14.33µg (13.64%), Copper: 0.22mg (11.11%), Zinc: 1.21mg (8.09%), Vitamin B12: 0.2µg (3.41%)