



 **47%**  
HEALTH SCORE

## Chicken Fajitas

READY IN



60 min.

SERVINGS



4

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups broccoli slaw
- 2 cups cheddar cheese grated
- 1.5 lbs chicken breast boneless
- 2 tablespoons cilantro leaves chopped
- 1 teaspoon cumin
- 8 flour tortilla
- 1 garlic clove minced
- 1 bell pepper green sliced
- 0.1 teaspoon ground pepper

- 0.3 teaspoon pepper black
- 1 tablespoon honey
- 5 tablespoons juice of lime fresh
- 0.3 cup soy sauce low sodium ( )
- 2 large onion sliced
- 1 bell pepper red sliced
- 0.3 teaspoon pepper red crushed
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 1 tablespoon suya seasoning mix
- 0.5 cup cream sour
- 1 tablespoon vegetable oil
- 2 tablespoons vegetable oil

## Equipment

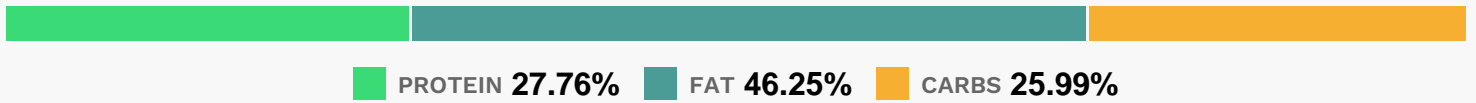
- frying pan
- paper towels
- grill
- microwave

## Directions

- Between sheets of plastic, pound the chicken breasts into uniform thickness (about 1/2 inch).
- Mix all marinade ingredients together (soy sauce through crushed red pepper).
- Place marinade in a large ziploc bag and add chicken breasts. Marinate for 1 1/2 - 2 hours. While the chicken is marinating.
- Mix all slaw ingredients together and let sit in fridge. When chicken is done marinating, heat grill to medium heat. In a large fry pan, heat the 2 tbsp of oil over medium high heat.
- Add onion, peppers, and Mrs. Dash. Stirring often, cook until desired tenderness is achieved. I like my peppers and onions very soft, so I cooked mine for about 20 minutes. Grill chicken breasts until cooked through, about 10 - 12 minutes.

- Remove from heat and cut into thin slices, about 1/4 inch thick. Wet two paper towels and squeeze out excess water until just damp.
- Place one of the paper towels on a plate, put the tortillas on top, and then add the second paper towel on top of that.
- Heat in microwave for 20–30 seconds. To make fajitas: Take one tortilla, place some of the chicken in the middle of the tortilla. Top the chicken with the peppers and onions, sprinkle with cheddar cheese and then add the broccoli slaw mixture.
- Add any additional toppings you would like. Fold the tortilla over and enjoy!

## Nutrition Facts



### Properties

Glycemic Index:79.57, Glycemic Load:14.15, Inflammation Score:-10, Nutrition Score:47.167391352032%

### Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

### Nutrients (% of daily need)

Calories: 867.4kcal (43.37%), Fat: 45.07g (69.33%), Saturated Fat: 18.22g (113.85%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 50.55g (18.38%), Sugar: 13.43g (14.92%), Cholesterol: 182.32mg (60.77%), Sodium: 1915mg (83.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.85g (121.7%), Vitamin C: 154.98mg (187.86%), Selenium: 88.29µg (126.13%), Vitamin B3: 21.95mg (109.74%), Vitamin B6: 1.83mg (91.35%), Phosphorus: 892.65mg (89.27%), Calcium: 662.18mg (66.22%), Vitamin K: 53.31µg (50.77%), Vitamin B2: 0.86mg (50.52%), Manganese: 1mg (50.22%), Vitamin A: 2334.24IU (46.68%), Folate: 185.95µg (46.49%), Potassium: 1432.25mg (40.92%), Vitamin B1: 0.58mg (38.56%), Vitamin B5: 3.64mg (36.42%), Magnesium: 136.24mg (34.06%), Iron: 6.09mg (33.83%), Zinc: 4.35mg (29%), Fiber: 6.44g (25.76%), Vitamin E: 3.16mg (21.05%), Vitamin B12: 1µg (16.66%), Copper: 0.27mg (13.68%), Vitamin D: 0.51µg (3.39%)