



Chicken Fajitas

 Dairy Free

READY IN



92 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup mexican beer dark
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 8 6-inch flour tortillas ()
- ☐ 3 garlic cloves crushed
- ☐ 1 jalapeno thinly sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons lower-sodium soy sauce

- ☐ 1 cup onion sliced
- ☐ 1 orange bell pepper seeded sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 bell pepper yellow seeded sliced

Equipment

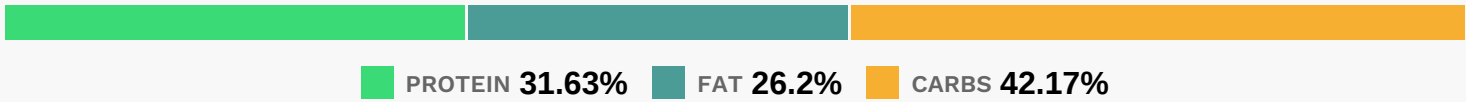
- ☐ frying pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 6 ingredients, stirring well.
- ☐ Place chicken in a zip-top plastic bag.
- ☐ Add 3/4 cup beer mixture to bag; seal. Reserve remaining beer mixture. Marinate in refrigerator for 1 hour, turning occasionally.
- ☐ Combine onion, bell peppers, and remaining beer mixture in a zip-top plastic bag, and seal. Marinate for 1 hour at room temperature.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Sprinkle chicken evenly with salt and black pepper.
- ☐ Add chicken to pan; cook for 2 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Remove onion and bell peppers from bag, and discard marinade.
- ☐ Add onion mixture to pan; cook for 6 minutes or until tender, turning after 3 minutes. Toast tortillas in pan, if desired.
- ☐ Place 2 tortillas on each of 4 plates, and divide chicken mixture evenly among tortillas. Divide onion mixture evenly among servings.
- ☐ Garnish with jalapeo slices.

Serve with salsa, sour cream, and cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:11.47, Inflammation Score:-9, Nutrition Score:26.859565465347%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 409kcal (20.45%), Fat: 11.48g (17.66%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 37.63g (13.68%), Sugar: 5.93g (6.59%), Cholesterol: 72.57mg (24.19%), Sodium: 1067.55mg (46.42%), Alcohol: 1.73g (100%), Alcohol %: 0.63% (100%), Protein: 31.17g (62.35%), Vitamin C: 104.65mg (126.85%), Vitamin B3: 15.5mg (77.51%), Selenium: 50.66µg (72.37%), Vitamin B6: 1.15mg (57.41%), Phosphorus: 415.84mg (41.58%), Vitamin B1: 0.43mg (28.9%), Manganese: 0.53mg (26.46%), Folate: 98.25µg (24.56%), Potassium: 781.09mg (22.32%), Vitamin B2: 0.37mg (21.66%), Vitamin A: 1071.52IU (21.43%), Vitamin B5: 1.99mg (19.87%), Iron: 3.36mg (18.64%), Magnesium: 64.46mg (16.11%), Fiber: 3.94g (15.74%), Calcium: 122.73mg (12.27%), Vitamin E: 1.49mg (9.91%), Vitamin K: 9.64µg (9.18%), Copper: 0.17mg (8.61%), Zinc: 1.28mg (8.55%), Vitamin B12: 0.24µg (3.93%)