



Chicken Fajitas



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breasts cut into thin slices)
- ☐ 1 tablespoon chili powder
- ☐ 1 handfull cilantro chopped ()
- ☐ 1 teaspoon cumin toasted (and ground)
- ☐ 2 cloves garlic chopped ()
- ☐ 1 bell pepper green sliced ()
- ☐ 1 lime zest (- 2 tablespoons of juice and zest)
- ☐ 1 tablespoon oil

- ☐ 2 onions sliced ()
- ☐ 0.5 teaspoon oregano
- ☐ 1 bell pepper red sliced ()
- ☐ 4 servings salt and pepper to taste
- ☐ 4 servings tortillas

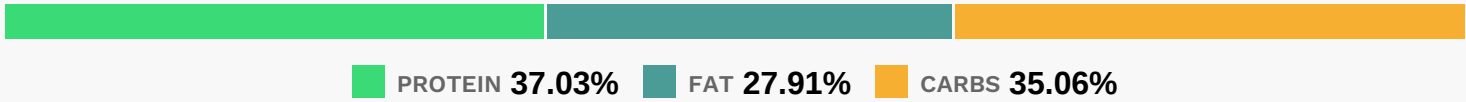
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Marinate the chicken in the oil, lime juice, chili powder, cumin, oregano, garlic, salt and pepper in the fridge for 30 minutes to a few hours.
- ☐ Grill the chicken over medium-high heat until cooked, about 2-3 minutes per side. (Reserve the marinade.)
- ☐ Heat the oil in a pan.
- ☐ Saute the onions until tender, about 5-7 minutes.
- ☐ Add the peppers and the remaining marinade and saute until the peppers are tender, about 5-7 minutes.
- ☐ Remove from heat and mix in the cilantro.
- ☐ Assemble fajitas and enjoy.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:6.84, Inflammation Score:-9, Nutrition Score:24.544782680014%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:

0.01mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 303.25kcal (15.16%), Fat: 9.48g (14.58%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 22.31g (8.11%), Sugar: 5.88g (6.53%), Cholesterol: 72.57mg (24.19%), Sodium: 584.94mg (25.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.29g (56.59%), Vitamin C: 72.97mg (88.44%), Vitamin B3: 13.97mg (69.84%), Selenium: 44.01µg (62.87%), Vitamin B6: 1.16mg (57.97%), Vitamin A: 1722.52IU (34.45%), Phosphorus: 343.99mg (34.4%), Potassium: 729.04mg (20.83%), Vitamin B1: 0.3mg (19.92%), Manganese: 0.4mg (19.9%), Vitamin B5: 1.92mg (19.25%), Fiber: 4.48g (17.94%), Vitamin B2: 0.27mg (16.12%), Folate: 62.74µg (15.69%), Iron: 2.76mg (15.33%), Vitamin E: 2.29mg (15.3%), Magnesium: 55.13mg (13.78%), Vitamin K: 14.13µg (13.46%), Calcium: 91.12mg (9.11%), Zinc: 1.18mg (7.86%), Copper: 0.15mg (7.53%), Vitamin B12: 0.23µg (3.78%)