



Chicken Pineapple Fajitas

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices pineapple canned chopped
- ☐ 8 6-inch flour tortillas ()
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 2 teaspoons jamaican jerk seasoning
- ☐ 8 servings lime wedges
- ☐ 2 small bell peppers red cut into strips
- ☐ 1 pound chicken breast halves boneless skinless cut into strips

☐ 1 tablespoon vegetable oil

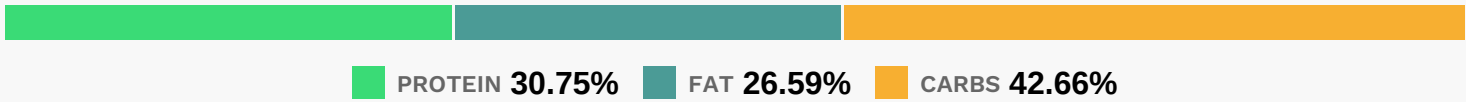
Equipment

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

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Wrap the tortillas in aluminum foil and heat in the oven.
- ☐ Combine the chicken, bell pepper, jerk seasoning, and pepper in a large bowl, set aside.
- ☐ Heat a large skillet over medium-high heat, and coat with cooking spray.
- ☐ Add the pineapple and cook until brown, about 4 to 6 minutes.
- ☐ Remove the pineapple from the pan and set aside.
- ☐ Return the skillet to the stove and heat the vegetable oil.
- ☐ Add the chicken and peppers; cook and stir until the chicken is no longer pink, about 6 minutes. Stir in the cooked pineapple.
- ☐ Serve in the warmed tortillas and garnish with cilantro and a squeeze of lime.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:4.94, Inflammation Score:-6, Nutrition Score:12.290000148441%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 194.89kcal (9.74%), Fat: 5.73g (8.81%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 18.65g (6.78%), Sugar: 5.94g (6.6%), Cholesterol: 36.29mg (12.1%), Sodium: 295.86mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.81%), Vitamin B3: 7.56mg (37.81%), Selenium: 25.07µg (35.82%), Vitamin C: 27.31mg (33.11%), Vitamin B6: 0.53mg (26.42%), Phosphorus: 189.42mg (18.94%), Vitamin A: 765.91IU (15.32%), Vitamin B1: 0.23mg (15.16%), Folate: 40.67µg (10.17%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.19mg (9.52%), Potassium: 332.75mg (9.51%), Vitamin B5: 0.92mg (9.23%), Iron: 1.55mg (8.64%), Fiber: 2.02g (8.06%), Magnesium: 28.65mg (7.16%), Vitamin K: 7.4µg (7.05%), Calcium: 54.6mg (5.46%), Vitamin E: 0.74mg (4.94%), Copper: 0.09mg (4.3%), Zinc: 0.59mg (3.9%), Vitamin B12: 0.11µg (1.89%)