



Chipotle Chicken Cheesesteaks

READY IN



20 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 0.8 lb chicken breast boneless skinless
- ☐ 1 cup onion white sliced
- ☐ 1 cup bell pepper green red (or a mix)
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 chipotle sauce minced
- ☐ 1 tablespoon chipotle sauce canned (from can of chipotle chiles)
- ☐ 1 oz suya seasoning mix

- ☐ 1 tablespoons water
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 4 portugese rolls split

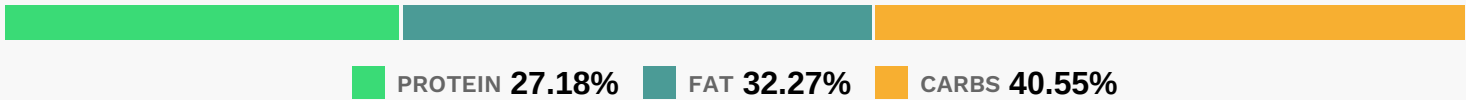
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Heat 10- to 12-inch cast-iron skillet over medium heat.
- ☐ Add 1 teaspoon of the oil. Pound chicken between 2 sheets of plastic wrap or waxed paper until thin.
- ☐ Cut into small strips; place in skillet. Cook 5 minutes or until no longer pink; remove from skillet to plate.
- ☐ Heat remaining teaspoon oil in same skillet.
- ☐ Add onion, bell pepper, garlic and thyme; cook 2 to 3 minutes or until onion and bell pepper are soft.
- ☐ Stir in chile, adobo sauce, fajita seasoning mix and 1 tablespoon of the water; cook 1 to 2 minutes. Return chicken to skillet; cook 1 minute longer, adding remaining water if needed so fajita seasoning completely coats chicken.
- ☐ Remove from heat; stir in cheese until melted.
- ☐ Divide mixture among buns.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:24.32, Inflammation Score:-7, Nutrition Score:24.496521524761%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 468.26kcal (23.41%), Fat: 16.94g (26.07%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 40.9g (14.87%), Sugar: 9.58g (10.64%), Cholesterol: 82.78mg (27.59%), Sodium: 586.21mg (25.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.2%), Iron: 13.88mg (77.09%), Selenium: 35.97µg (51.39%), Vitamin K: 51.99µg (49.52%), Vitamin B3: 9.45mg (47.26%), Vitamin B6: 0.88mg (44.05%), Vitamin C: 34.76mg (42.13%), Calcium: 340.52mg (34.05%), Phosphorus: 340.41mg (34.04%), Fiber: 7g (27.98%), Manganese: 0.49mg (24.68%), Vitamin B2: 0.27mg (15.94%), Potassium: 556.17mg (15.89%), Vitamin B5: 1.49mg (14.9%), Magnesium: 57.24mg (14.31%), Vitamin E: 2mg (13.33%), Zinc: 1.86mg (12.41%), Vitamin A: 574.83IU (11.5%), Folate: 37.58µg (9.39%), Vitamin B1: 0.12mg (7.86%), Vitamin B12: 0.47µg (7.84%), Copper: 0.12mg (6.16%), Vitamin D: 0.26µg (1.7%)