



## Chipotle Chicken Cheesesteaks

READY IN



20 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chipotle sauce canned (from can of chipotle chiles)
- 1 cup bell pepper green red (or a mix)
- 1 chipotle sauce minced
- 2 teaspoons garlic minced
- 2 tablespoons suya seasoning mix (from 1-oz package)
- 4 oz sharp cheddar cheese shredded
- 0.8 lb chicken breast boneless skinless
- 4 portugese rolls split
- 0.3 teaspoon thyme leaves dried

- 2 teaspoons vegetable oil
- 1 tablespoons water
- 1 cup onion white sliced

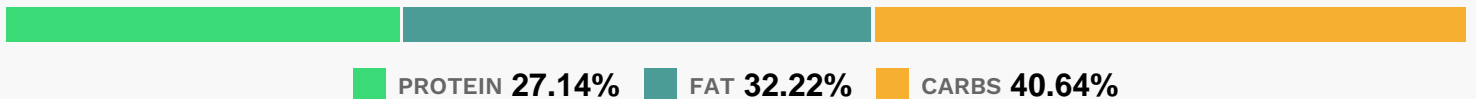
## Equipment

- 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:24.33, Inflammation Score:-7, Nutrition Score:24.748695943667%

## 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: 469.07kcal (23.45%), Fat: 16.96g (26.09%), Saturated Fat: 6.5g (40.63%), Carbohydrates: 48.11g (16.04%),  
Net Carbohydrates: 40.98g (14.9%), Sugar: 9.59g (10.65%), Cholesterol: 82.78mg (27.59%), Sodium: 586.29mg  
(25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.26%), Iron: 13.99mg (77.72%), Selenium:  
35.98µg (51.41%), Vitamin K: 53.9µg (51.33%), Vitamin B3: 9.47mg (47.33%), Vitamin B6: 0.88mg (44.21%), Vitamin  
C: 34.77mg (42.14%), Calcium: 345.4mg (34.54%), Phosphorus: 340.86mg (34.09%), Fiber: 7.13g (28.5%),  
Manganese: 0.51mg (25.44%), Vitamin B2: 0.27mg (16.03%), Potassium: 560.03mg (16%), Vitamin B5: 1.49mg  
(14.93%), Magnesium: 58.07mg (14.52%), Vitamin E: 2.06mg (13.7%), Zinc: 1.87mg (12.46%), Vitamin A: 580.04IU  
(11.6%), Folate: 38.3µg (9.58%), Vitamin B1: 0.12mg (7.9%), Vitamin B12: 0.47µg (7.84%), Copper: 0.13mg (6.25%),  
Vitamin D: 0.26µg (1.7%)