



Chipotle Chicken Fajitas

READY IN



35 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium bell peppers stemmed seeded sliced into 1/2-inch strips quartered
- 1 tablespoon chipotle en adobo minced
- 6 to 8 flour tortillas warmed for serving
- 2 tablespoons garlic thinly sliced
- 4 servings guacamole for serving
- 2 teaspoons kosher salt
- 0.5 cup chicken broth low-sodium
- 2 teaspoons oregano fresh roughly chopped
- 4 servings pico de gallo salsa for serving

- 1 medium onion red sliced quartered
- 1 pound chicken thighs boneless skinless cut lengthwise into strips 1-inch wide (6)
- 4 servings cup heavy whipping cream sour for serving
- 1 tablespoon vegetable oil

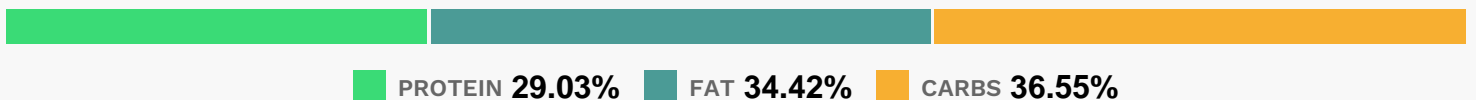
Equipment

- bowl
- frying pan
- stove

Directions

- Watch how to make this recipe.
- Place chicken in a bowl, add chipotle, and salt and toss until meat is well coated. Set aside.
- Heat 1 teaspoon of the oil in a large frying pan over medium-high heat. When it smokes, add half of chicken and cook until golden brown on both sides, about 1 to 2 minutes per side.
- Remove to a plate and, return pan to stove, add 1 more teaspoon of the oil, and repeat with second batch.
- Add remaining 1 teaspoon of the oil, add onion and garlic and cook until golden and soft, about 2 minutes.
- Add peppers and cook until softened and golden brown, about 3 to 5 minutes.
- Return chicken and any accumulated juices to pan, add broth and cook until sauce is slightly reduced, chicken is cooked through, and peppers are soft, about 5 to 7 minutes. Stir in oregano, taste, and adjust seasoning, as necessary.
- Serve immediately over steamed rice or potatoes.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:8.73, Inflammation Score:-10, Nutrition Score:24.999565248904%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 379.66kcal (18.98%), Fat: 14.58g (22.43%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 30.59g (11.12%), Sugar: 7.99g (8.88%), Cholesterol: 114.81mg (38.27%), Sodium: 1752.65mg (76.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.34%), Vitamin C: 80.81mg (97.96%), Selenium: 36.92µg (52.75%), Vitamin B3: 9.44mg (47.22%), Vitamin A: 2078.39IU (41.57%), Vitamin B6: 0.81mg (40.39%), Phosphorus: 354.29mg (35.43%), Vitamin B1: 0.39mg (25.74%), Vitamin B2: 0.43mg (25.04%), Manganese: 0.47mg (23.25%), Vitamin K: 22.48µg (21.41%), Folate: 83.45µg (20.86%), Iron: 3.47mg (19.26%), Vitamin B5: 1.74mg (17.44%), Fiber: 4.24g (16.97%), Potassium: 573.87mg (16.4%), Zinc: 2.31mg (15.4%), Vitamin B12: 0.78µg (13.01%), Magnesium: 51.39mg (12.85%), Calcium: 123.75mg (12.37%), Vitamin E: 1.68mg (11.2%), Copper: 0.17mg (8.47%)