



Cilantro-Lime Chicken Fajitas with Grilled Onions

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons ancho chili powder
- ☐ 12 8-inch flour tortilla
- ☐ 1.3 cups cilantro leaves fresh coarsely chopped
- ☐ 2.5 teaspoons ground cumin
- ☐ 5 tablespoons juice of lime fresh
- ☐ 0.8 cup olive oil
- ☐ 3 large poblano pepper seeded cut into 3/4-inch-wide strips

- ☐ 2 onion red sliced into 1/2-inch rounds
- ☐ 6 chicken breast halves boneless skinless
- ☐ 3 large bell pepper yellow cut into 3/4-inch-wide strips

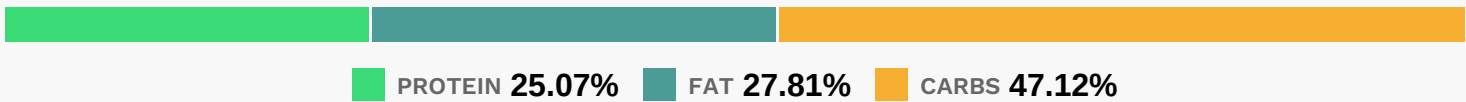
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Optional toppings: purchased salsas, guacamole, sour cream, chopped fresh cilantro, sliced green onions, and chopped serrano chiles Prepare barbecue (medium heat). Puree first 5 ingredients in processor. Season marinade with salt and pepper.
- ☐ Place chicken in 13x9x2-inch glass baking dish.
- ☐ Pour 1/3 cup marinade over; turn to coat. Arrange poblanos, bell peppers, and onions on large rimmed baking sheet.
- ☐ Pour 1/2 cup marinade over; turn to coat.
- ☐ Sprinkle chicken and vegetables with salt and pepper. Reserve remaining marinade.
- ☐ Grill chicken until cooked through, about 7 minutes per side. Grill vegetables until tender, turning frequently, about 15 minutes for onions and 12 minutes for poblanos and bell peppers. Grill tortillas until charred, about 1 minute per side.
- ☐ Transfer chicken to work surface; slice crosswise into strips. Fill tortillas with chicken and vegetables; drizzle with reserved marinade.
- ☐ Serve with toppings.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:16.94, Inflammation Score:-9, Nutrition Score:33.674782400546%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg, Hesperetin: 1.12mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 4.85mg, Luteolin: 4.85mg, Luteolin: 4.85mg, Luteolin: 4.85mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 553.04kcal (27.65%), Fat: 17.12g (26.34%), Saturated Fat: 4.48g (28%), Carbohydrates: 65.25g (21.75%), Net Carbohydrates: 58.45g (21.25%), Sugar: 7.6g (8.44%), Cholesterol: 72.32mg (24.11%), Sodium: 897.71mg (39.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.44%), Vitamin C: 245.37mg (297.42%), Vitamin B3: 17.7mg (88.5%), Selenium: 59.54µg (85.06%), Vitamin B6: 1.31mg (65.63%), Phosphorus: 505.53mg (50.55%), Vitamin B1: 0.69mg (45.78%), Manganese: 0.83mg (41.41%), Folate: 143.26µg (35.82%), Iron: 5.63mg (31.28%), Potassium: 994.86mg (28.42%), Vitamin B2: 0.47mg (27.69%), Fiber: 6.8g (27.2%), Vitamin K: 27.93µg (26.6%), Vitamin B5: 2.1mg (20.98%), Magnesium: 80.38mg (20.1%), Calcium: 194.6mg (19.46%), Vitamin A: 889.34IU (17.79%), Copper: 0.33mg (16.34%), Zinc: 1.61mg (10.72%), Vitamin E: 1.6mg (10.67%), Vitamin B12: 0.23µg (3.77%)