



Colorful Vegetable Fajitas

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 8-inch flour tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 bell pepper red seeded sliced into strips
- ☐ 1 onion red thinly sliced

- ☐ 0.5 cup salsa
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1 baby squash yellow halved sliced into strips

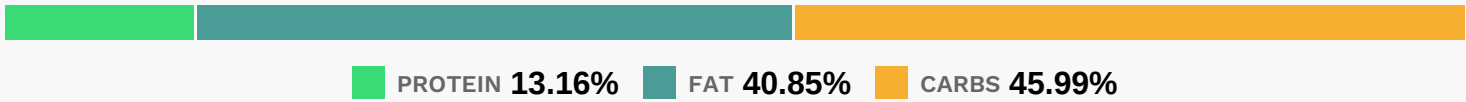
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Wrap tortillas in aluminum foil, and place in oven. Turn heat to 350 degrees F (175 degrees C).
- ☐ Bake for 15 minutes, or until thoroughly heated.
- ☐ In a 10 inch skillet, heat oil over medium high heat.
- ☐ Add onions, red and green peppers, and garlic; stir to coat with oil. Cover, reduce heat to medium, and cook for 5 minutes. Stir squash into vegetables. Stir in salsa, cumin, and salt. Cover, and cook for 5 minutes.
- ☐ Spoon vegetable mixture evenly down the centers of warm tortillas, and sprinkle with cheese and cilantro.
- ☐ Roll up tortillas, and serve.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:17.43, Inflammation Score:-9, Nutrition Score:25.559130321378%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 522.78kcal (26.14%), Fat: 23.95g (36.84%), Saturated Fat: 9.49g (59.34%), Carbohydrates: 60.66g (20.22%), Net Carbohydrates: 54.27g (19.74%), Sugar: 9.4g (10.44%), Cholesterol: 25.14mg (8.38%), Sodium: 1429.7mg (62.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.36g (34.71%), Vitamin C: 73.52mg (89.12%), Vitamin B1: 0.6mg (40.21%), Calcium: 394.36mg (39.44%), Selenium: 27.54µg (39.35%), Phosphorus: 390.35mg (39.04%), Manganese: 0.77mg (38.44%), Folate: 139.05µg (34.76%), Vitamin A: 1587.24IU (31.74%), Vitamin B2: 0.52mg (30.76%), Vitamin K: 30.3µg (28.86%), Vitamin B3: 5.64mg (28.21%), Iron: 4.87mg (27.04%), Fiber: 6.39g (25.55%), Vitamin B6: 0.45mg (22.28%), Potassium: 534.82mg (15.28%), Magnesium: 54.85mg (13.71%), Zinc: 1.79mg (11.96%), Vitamin E: 1.71mg (11.42%), Copper: 0.21mg (10.29%), Vitamin B5: 0.54mg (5.36%), Vitamin B12: 0.23µg (3.91%), Vitamin D: 0.17µg (1.13%)