



Easy Chicken Fajitas

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 fajita-size flour tortillas warmed
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil divided
- ☐ 2 large onions
- ☐ 1 recipe fajita seasoning divided
- ☐ 3 chicken breast halves boneless skinless
- ☐ 0.5 cup water
- ☐ 3 bell peppers green red yellow (one each of , , and is prettiest, but not essential)

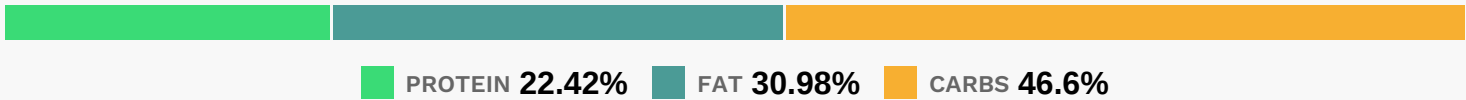
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat until hot.
- ☐ Add chicken strips and cook, stirring a couple of times, until almost cooked through, 5 to 6 minutes.
- ☐ Add half of fajita seasoning and water, mix well, and let chicken finish cooking.
- ☐ Transfer chicken to a bowl; cover to keep warm.
- ☐ Heat remaining 1 tablespoon oil in skillet until hot.
- ☐ Add onions and peppers; cook, without stirring, until tender and some caramelized brown bits begin to show up in pan, 3 to 4 minutes. Stir; add garlic and remaining fajita seasoning.
- ☐ Let cook about 2 more minutes. Stir vegetables into seasoned chicken. (Or serve the vegetables separately.)
- ☐ Serve the fajita mixture on warm tortillas with salsa and sour cream on the side, if using.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:16, Inflammation Score:-8, Nutrition Score:26.955652166968%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg

Nutrients (% of daily need)

Calories: 484.64kcal (24.23%), Fat: 16.63g (25.59%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 50.19g (18.25%), Sugar: 8.69g (9.65%), Cholesterol: 54.24mg (18.08%), Sodium: 768.32mg (33.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.17%), Vitamin C: 78.8mg (95.51%), Selenium: 47.79µg (68.27%), Vitamin B3: 13.35mg (66.77%), Vitamin B6: 1mg (49.95%), Phosphorus: 405.64mg (40.56%), Vitamin B1: 0.6mg (39.72%), Manganese: 0.7mg (35.03%), Folate: 111.8µg (27.95%), Fiber: 6.08g (24.32%), Iron: 4.2mg (23.32%), Vitamin B2: 0.39mg (22.75%), Potassium: 701mg (20.03%), Vitamin K: 19.35µg (18.43%), Calcium: 169.48mg (16.95%), Vitamin B5: 1.55mg (15.47%), Magnesium: 59.61mg (14.9%), Copper: 0.22mg (10.77%), Vitamin E: 1.56mg (10.41%), Zinc: 1.24mg (8.26%), Vitamin A: 361.54IU (7.23%), Vitamin B12: 0.17µg (2.82%)