



Fabulous Fajitas

READY IN



17 min.

SERVINGS



17

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef sirloin steak boneless cut into strips
- 2 Tbsp cilantro leaves chopped
- 0.5 cup knudsen cream sour
- 8 6-inch flour tortillas ()
- 1 medium bell pepper green cut into strips
- 0.3 tsp juice of lime
- 1 Tbsp oil
- 1 large onion cut into thin wedges
- 0.5 cup taco bellâ® & chunky salsa thick

0.3 tsp salt

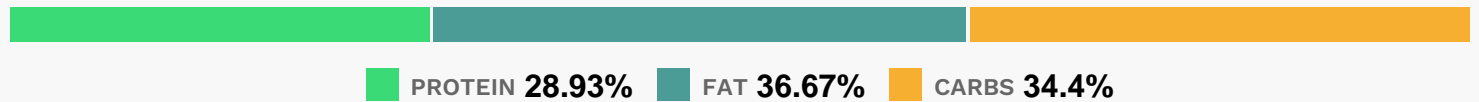
Equipment

frying pan

Directions

- Mix sour cream, cilantro, salt and lime juice. Cover and refrigerate until ready to use.
- Heat oil in large skillet on medium-high heat.
- Add steak, onion and green pepper; cook and stir 5 to 7 minutes or until steak is cooked through.
- Spoon steak mixture evenly onto tortillas. Top with sour cream mixture and salsa; roll up.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:2.41, Inflammation Score:-2, Nutrition Score:5.4773913259092%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 4.24g (6.53%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.06g (2.93%), Sugar: 1.59g (1.77%), Cholesterol: 19.73mg (6.58%), Sodium: 205.89mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Selenium: 11.73µg (16.76%), Vitamin B3: 2.49mg (12.43%), Vitamin B6: 0.22mg (10.92%), Phosphorus: 96.96mg (9.7%), Zinc: 1.2mg (8.03%), Vitamin C: 6.52mg (7.91%), Vitamin B1: 0.1mg (6.88%), Iron: 1.02mg (5.68%), Vitamin B2: 0.09mg (5.3%), Manganese: 0.1mg (5.11%), Folate: 19.86µg (4.97%), Potassium: 166.56mg (4.76%), Vitamin B12: 0.26µg (4.42%), Calcium: 38.25mg (3.82%), Fiber: 0.9g (3.61%), Magnesium: 12.67mg (3.17%), Vitamin K: 3.02µg (2.88%), Vitamin B5: 0.25mg (2.54%), Copper: 0.05mg (2.48%), Vitamin E: 0.37mg (2.45%), Vitamin A: 108.14IU (2.16%)