

Fabulous Fajitas

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

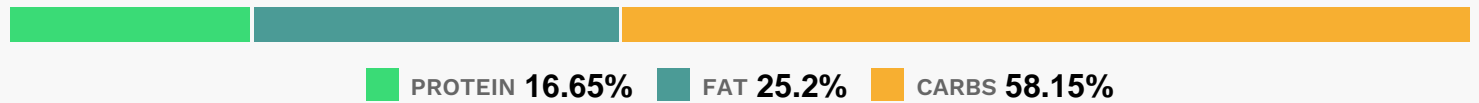
- 2 cups chicken meat diced cooked
- 10 12-inch flour tortillas ()
- 1 cup mushrooms fresh sliced
- 2 bell peppers green sliced
- 1 onion thinly sliced
- 0.7 ounce salad dressing mix dry italian-style
- 1 bell pepper red sliced

Equipment

Directions

- Cut peppers and onion into thin slices. Do not dice, leave slices long and thin.
- Saute peppers and onion in a small amount of oil until tender.
- Add mushrooms and chicken. Continue to cook on low heat until heated through. Stir in dry salad dressing mix and blend thoroughly.
- Warm tortillas and roll mixture inside. If desired top with shredded cheddar cheese, diced tomato and shredded lettuce.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:18.31, Inflammation Score:-7, Nutrition Score:18.827391323836%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 414.73kcal (20.74%), Fat: 11.5g (17.7%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 54.79g (19.92%), Sugar: 6.17g (6.86%), Cholesterol: 21mg (7%), Sodium: 881.86mg (38.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Selenium: 33.31µg (47.58%), Vitamin C: 35.39mg (42.9%), Vitamin B1: 0.62mg (41.6%), Vitamin B3: 7.84mg (39.19%), Manganese: 0.63mg (31.48%), Phosphorus: 308.2mg (30.82%), Folate: 120.14µg (30.03%), Iron: 4.69mg (26.03%), Vitamin B2: 0.42mg (24.76%), Fiber: 4.93g (19.71%), Calcium: 176.09mg (17.61%), Vitamin B6: 0.29mg (14.72%), Vitamin K: 11.71µg (11.15%), Vitamin A: 473.06IU (9.46%), Copper: 0.19mg (9.37%), Magnesium: 36.83mg (9.21%), Potassium: 321.63mg (9.19%), Zinc: 1.16mg (7.74%), Vitamin B5: 0.68mg (6.78%), Vitamin E: 0.32mg (2.15%), Vitamin B12: 0.09µg (1.42%)