



Fajita Pitas

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

Ingredients

- ☐ 4 skinned and boned chicken breast halves cut into strips
- ☐ 2 cups lettuce shredded
- ☐ 1 large onion cut into strips
- ☐ 4 pita bread rounds whole wheat
- ☐ 1 large bell pepper red cut into strips
- ☐ 16 ounce refried beans canned
- ☐ 1 tablespoon fajita seasoning
- ☐ 4 ounces cheddar shredded
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 tomatoes diced

☐ 3 tablespoons vegetable oil

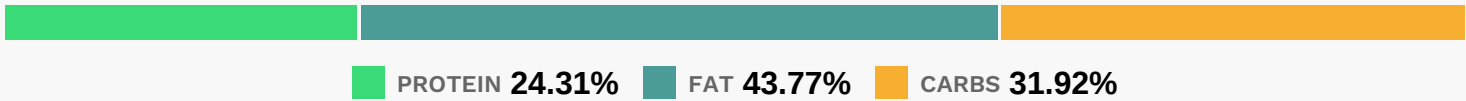
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut bread rounds in half; spread 1/4 cup beans in each half. Wrap in aluminum foil.
- ☐ Bake at 350 for 10 minutes.
- ☐ Toss chicken with fajita seasoning. Saut in hot oil in a skillet over medium-high heat 5 minutes.
- ☐ Add onion and bell pepper; saut 3 minutes or until chicken is done. Spoon into pitas. Top evenly with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:2.49, Inflammation Score:-8, Nutrition Score:19.089565253776%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 357.82kcal (17.89%), Fat: 17.58g (27.04%), Saturated Fat: 6.8g (42.48%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 22.82g (8.3%), Sugar: 5.73g (6.36%), Cholesterol: 67.06mg (22.35%), Sodium: 615.53mg (26.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.97g (43.94%), Selenium: 35.68µg (50.97%), Vitamin C: 31.21mg (37.83%), Vitamin B3: 7.14mg (35.72%), Manganese: 0.68mg (33.98%), Vitamin B6: 0.64mg (32.01%), Phosphorus: 276.31mg (27.63%), Vitamin K: 28.77µg (27.4%), Vitamin A: 1274.76IU (25.5%), Fiber: 6.02g (24.1%), Calcium: 194.63mg (19.46%), Iron: 2.54mg (14.13%), Vitamin B2: 0.23mg (13.45%), Vitamin B5: 1.33mg (13.27%),

Magnesium: 52.95mg (13.24%), Potassium: 458.74mg (13.11%), Vitamin B1: 0.18mg (11.79%), Vitamin E: 1.69mg (11.27%), Folate: 41.64µg (10.41%), Zinc: 1.55mg (10.35%), Copper: 0.14mg (7.12%), Vitamin B12: 0.32µg (5.38%)