



Fajita Salad with Creamy Cilantro-Lime Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups bell pepper rings green thinly sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings creamy cilantro-lime sauce
- ☐ 2 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons olives ripe sliced
- ☐ 1 teaspoon paprika
- ☐ 1 cup onion red separated sliced
- ☐ 6 cups romaine lettuce shredded
- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned cut into thin strips
- ☐ 1 medium tomatoes cut into 8 wedges

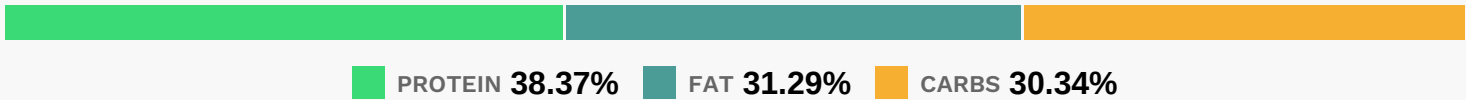
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Add chicken; toss to coat.
- ☐ Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Add chicken mixture; saut 8 minutes or until chicken is done. Set aside.
- ☐ Divide lettuce and next 6 ingredients (lettuce through tomato) among 4 bowls; top with chicken mixture.
- ☐ Serve with Creamy Cilantro-Lime Sauce.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:6.58, Inflammation Score:-10, Nutrition Score:34.098695521769%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg Isorhamnetin: 2mg, Isorhamnetin: 2mg,

Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 356.62kcal (17.83%), Fat: 12.6g (19.39%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 18.47g (6.72%), Sugar: 5.93g (6.59%), Cholesterol: 85.19mg (28.4%), Sodium: 874.47mg (38.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.55%), Vitamin A: 7145.06IU (142.9%), Vitamin K: 84.71µg (80.67%), Vitamin C: 54.11mg (65.59%), Vitamin B3: 12.97mg (64.85%), Vitamin B6: 1.2mg (60.16%), Selenium: 39.06µg (55.79%), Phosphorus: 456.12mg (45.61%), Folate: 146.8µg (36.7%), Fiber: 9.02g (36.1%), Manganese: 0.66mg (33.18%), Potassium: 1157.47mg (33.07%), Magnesium: 95.16mg (23.79%), Calcium: 214.5mg (21.45%), Iron: 3.72mg (20.69%), Vitamin B5: 2.05mg (20.51%), Copper: 0.33mg (16.59%), Vitamin B1: 0.25mg (16.53%), Vitamin B2: 0.28mg (16.34%), Vitamin E: 2.33mg (15.56%), Zinc: 2.1mg (14.03%), Vitamin B12: 0.34µg (5.74%), Vitamin D: 0.2µg (1.32%)