



Fajita Skewers

 **Gluten Free**

READY IN

ready

158 min.

SERVINGS

servings

4

CALORIES

calories

411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoon cilantro leaves chopped for garnish
- ☐ 1 tablespoon garlic chopped
- ☐ 2 pasilla peppers green
- ☐ 1 tablespoon hot sauce
- ☐ 4 servings kosher salt

- ☐ 0.3 cup juice of lime
- ☐ 2 medium onions
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1.5 pounds top round

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ In a large resealable mix together the lime juice, garlic, hot sauce, canola oil and chili powder. Season with salt and pepper to taste.
- ☐ Remove 1 tablespoon of the marinade and set aside.
- ☐ Slice the peppers and onions into one inch square pieces.
- ☐ Place in the bag with the marinade. Slice the meat into thin strips against the grain and put into the bag with the marinade and vegetables and mix well to coat everything with the marinade.
- ☐ Place the bag in a large bowl incase it leaks and refrigerate for one and half hours.
- ☐ Mix the reserved marinade with the sour cream and refrigerate.
- ☐ If using wooden skewers soak in water for 30 minutes before threading on the beef and vegetables.
- ☐ Remove the meat and vegetables from the refrigerator and let come to room temperature, about 30 minutes. Thread the beef and vegetables onto the skewers. Each skewer should get 4 pieces each of the pepper and onion and 3 pieces of the beef, alternating as you thread them onto the skewer. Cook the skewers on a grill pan or outdoor grill over medium high heat until meat is medium rare, about 3 to 4 minutes a side.
- ☐ Garnished with the flavored sour cream and cilantro.

Nutrition Facts

PROTEIN 41.15% FAT 45.62% CARBS 13.23%

Properties

Glycemic Index:32.75, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:29.061739299608%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg

Nutrients (% of daily need)

Calories: 411.17kcal (20.56%), Fat: 20.87g (32.1%), Saturated Fat: 8.14g (50.88%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 10.83g (3.94%), Sugar: 6.18g (6.87%), Cholesterol: 137.68mg (45.89%), Sodium: 443.91mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.35g (84.71%), Selenium: 57.38µg (81.97%), Vitamin C: 60.09mg (72.83%), Vitamin B6: 1.46mg (72.8%), Vitamin B3: 12.38mg (61.91%), Zinc: 8.26mg (55.08%), Phosphorus: 464.36mg (46.44%), Vitamin B12: 2.42µg (40.28%), Potassium: 962.57mg (27.5%), Vitamin A: 1199.53IU (23.99%), Vitamin B2: 0.4mg (23.8%), Iron: 4.13mg (22.96%), Vitamin B1: 0.25mg (16.43%), Magnesium: 64.8mg (16.2%), Vitamin E: 2.36mg (15.75%), Vitamin B5: 1.53mg (15.29%), Copper: 0.29mg (14.3%), Manganese: 0.26mg (12.98%), Calcium: 127.39mg (12.74%), Vitamin K: 13.12µg (12.5%), Folate: 46.13µg (11.53%), Fiber: 2.79g (11.14%)