



Fajitas

 Dairy Free

READY IN



511 min.

SERVINGS



6

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 1 teaspoon cumin
- ☐ 2.3 pounds flank steak trimmed of fat
- ☐ 12 flour tortillas
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 jalapeño minced seeded

- ☐ 2 juice of lime juiced
- ☐ 1 juice of orange juiced
- ☐ 1 bell pepper red thinly sliced
- ☐ 1 onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 1 bell pepper yellow thinly sliced

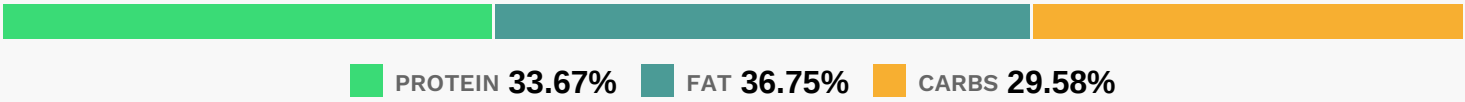
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ In a small bowl, whisk together marinade ingredients.
- ☐ Place steak in a shallow container, and pour marinade over it. Refrigerate, covered, 8 hours or overnight to tenderize meat.
- ☐ Drain the marinade from the meat. Grill the steak in a ridged grill pan over medium-high heat for 4 minutes each side.
- ☐ Transfer the steak to a cutting board and let stand.
- ☐ In the same pan with the steak juices, add the bell peppers and onions.
- ☐ Saute the mixture for 3 minutes until the vegetables are limp. Thinly slice the steak against the grain on a diagonal.
- ☐ Spread some guacamole on a tortilla, top with a few slices of steak, peppers and onions and salsa fresca.
- ☐ Roll up the tortilla to enclose the filling.
- ☐ May also serve with sour cream and shredded cheese.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:10.71, Inflammation Score:-8, Nutrition Score:31.177826093591%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 510.76kcal (25.54%), Fat: 20.57g (31.64%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 33.71g (12.26%), Sugar: 5.44g (6.04%), Cholesterol: 102.06mg (34.02%), Sodium: 922.98mg (40.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.4g (84.79%), Vitamin C: 90.21mg (109.34%), Selenium: 63.92µg (91.31%), Vitamin B3: 13.84mg (69.19%), Vitamin B6: 1.25mg (62.67%), Phosphorus: 493.33mg (49.33%), Zinc: 7.02mg (46.79%), Vitamin B1: 0.48mg (31.79%), Iron: 5.36mg (29.76%), Vitamin B12: 1.55µg (25.8%), Folate: 102.99µg (25.75%), Potassium: 848.29mg (24.24%), Vitamin B2: 0.41mg (23.86%), Manganese: 0.44mg (22.15%), Vitamin A: 793.37IU (15.87%), Magnesium: 62.95mg (15.74%), Vitamin E: 2.23mg (14.88%), Fiber: 3.53g (14.11%), Calcium: 141.07mg (14.11%), Vitamin K: 14.61µg (13.91%), Vitamin B5: 1.35mg (13.53%), Copper: 0.25mg (12.3%)