



Fajitas

 Dairy Free

READY IN

ready

190 min.

SERVINGS

servings

8

CALORIES

calories

415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chipolte chiles
- ☐ 2.3 pounds flank steak trimmed of fat cut into thirds or 8-inch pieces
- ☐ 12 flour tortillas
- ☐ 3 tablespoon cilantro leaves fresh roughly chopped
- ☐ 2 garlic cloves roughly chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 juice of lime juiced
- ☐ 1 juice of orange juiced

- ☐ 8 servings juice of lime
- ☐ 4 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 2 bell peppers red thinly sliced
- ☐ 8 servings quality salsa good store bought
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper

Equipment

- ☐ mixing bowl
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ kitchen towels
- ☐ measuring cup
- ☐ immersion blender
- ☐ grill pan
- ☐ cutting board

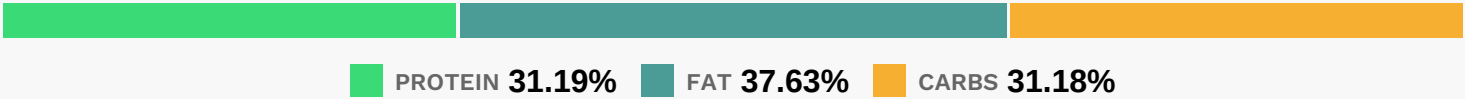
Directions

- ☐ Watch how to make this recipe.
- ☐ In a small 2 cup measuring cup, or something similar size and shape, combine all the marinade ingredients. Using an immersion blender, puree the marinade until smooth.
- ☐ Transfer to a re-sealable plastic bag and add the steak, seal and shake to coat. Refrigerate the beef for 2 to 4 hours to tenderize and flavor the beef.
- ☐ Preheat a ridged grill pan on high heat.
- ☐ Drain the marinade from the beef. Lightly oil the grill or grill pan. Season liberally with salt and freshly ground black pepper. Grill the steak over medium-high heat and cook for 4 minutes on each side and then transfer to a cutting board and let rest. Depending on the size of your grill

pan you may need to cook in batches.

- ☐ Once the beef is off the grill pan and resting, add the bell peppers and onions tossed with lime juice and olive oil, if using. Grill the mixture for 7 to 8 minutes until the vegetables are just barely limp.
- ☐ While the peppers and onions are cooking, heat up the tortillas. Turn any free burners on a medium low flame.
- ☐ Place a tortilla on each flame and let it char about 30 seconds to 1 minute, flip the tortilla and repeat on the second side. Once heated and charred remove the tortilla to a clean tea towel and wrap to keep warm. Repeat until you have warmed all of your tortillas.
- ☐ You can also heat your tortillas in a microwave, lightly dampen a tea towel with some water, wrap the tortillas in the damp towel and heat in the microwave for about 1 minute. Check to see if they are warm, if not repeat the heating at 1 minute intervals until they are warm and pliable.
- ☐ 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.
- ☐ Roll up the tortilla to enclose the filling.
- ☐ May also be served with sour cream and shredded cheese.
- ☐ ripe Hass avocados
- ☐ to 4 limes, juiced
- ☐ /2 small onion, chopped
- ☐ small garlic clove, minced
- ☐ serrano chile, chopped
- ☐ big handful fresh cilantro leaves, roughly chopped
- ☐ Kosher salt and freshly ground black pepper
- ☐ Drizzle olive oil
- ☐ Halve and pit the avocados. With a tablespoon, scoop out the flesh into a mixing bowl. Mash the avocados with a fork, leaving them still a bit chunky.
- ☐ Add all of the rest of the ingredients, and fold everything together.
- ☐ Lay a piece of plastic wrap directly on the surface of the guacamole so it doesn't brown and refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:8.26, Inflammation Score:-8, Nutrition Score:24.746521991232%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 4.26mg, Hesperetin: 4.26mg, Hesperetin: 4.26mg, Hesperetin: 4.26mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 414.73kcal (20.74%), Fat: 17.32g (26.65%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 28.99g (10.54%), Sugar: 6.22g (6.91%), Cholesterol: 76.54mg (25.51%), Sodium: 1161.05mg (50.48%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.3g (64.61%), Selenium: 48.26µg (68.94%), Vitamin C: 55.39mg (67.14%), Vitamin B3: 10.71mg (53.54%), Vitamin B6: 0.99mg (49.58%), Phosphorus: 382.94mg (38.29%), Zinc: 5.35mg (35.68%), Vitamin B1: 0.37mg (24.9%), Iron: 4.19mg (23.25%), Vitamin A: 1133.38IU (22.67%), Potassium: 731.99mg (20.91%), Folate: 83.59µg (20.9%), Vitamin B12: 1.16µg (19.35%), Vitamin B2: 0.32mg (19.06%), Manganese: 0.36mg (18.03%), Vitamin E: 2.35mg (15.67%), Magnesium: 53.28mg (13.32%), Fiber: 3.31g (13.24%), Vitamin K: 12.61µg (12.01%), Calcium: 118.54mg (11.85%), Vitamin B5: 1.13mg (11.25%), Copper: 0.19mg (9.59%)