



Fajitas

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium bell pepper green cut into strips
- 2 Tbsp oil
- 1 medium onion sliced
- 1 lb chicken breasts boneless skinless cut into thin strips
- 15.5 oz taco bell® home originals® fajita dinner
- 0.3 cup water

Equipment

- frying pan

plastic wrap

microwave

Directions

Cook and stir chicken in hot oil in large nonstick skillet on medium-high heat 5 minutes.

Add Seasoning

Mix, water, green pepper and onion; mix well. Reduce heat to medium; cook and stir 5 minutes or until chicken is cooked through and vegetables are crisp-tender.

Place Tortillas on microwavable plate; cover lightly with plastic wrap. Microwave on HIGH 1 minute.

Spoon chicken mixture evenly onto tortillas; top with Salsa as desired.

Roll up.

Nutrition Facts

 **PROTEIN 33.79%**  **FAT 62.28%**  **CARBS 3.93%**

Properties

Glycemic Index:1.85, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:5.0552174086156%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 120.28kcal (6.01%), Fat: 8.26g (12.71%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.65g (0.72%), Cholesterol: 35.39mg (11.8%), Sodium: 160.27mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Selenium: 10.58µg (15.12%), Calcium: 147.9mg (14.79%), Phosphorus: 146.64mg (14.66%), Vitamin B3: 2.43mg (12.13%), Vitamin B6: 0.2mg (10.16%), Vitamin C: 5.46mg (6.62%), Vitamin B2: 0.1mg (5.63%), Zinc: 0.81mg (5.4%), Vitamin B12: 0.32µg (5.26%), Vitamin B5: 0.39mg (3.91%), Vitamin A: 173.72IU (3.47%), Potassium: 121.03mg (3.46%), Magnesium: 12.57mg (3.14%), Vitamin E: 0.37mg (2.44%), Vitamin K: 2.06µg (1.96%), Vitamin B1: 0.03mg (1.7%), Iron: 0.25mg (1.36%), Folate: 5.4µg (1.35%), Manganese: 0.02mg (1.13%)