



Fajitas de Carne (Steak Fajitas)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings olive oil
- ☐ 0.3 cup onion chopped
- ☐ 2 large bell peppers red sliced
- ☐ 4 servings salt and pepper
- ☐ 1 scallion

- ☐ 2 pounds skirt steak trimmed
- ☐ 12 tortillas warmed
- ☐ 3 tablespoons water

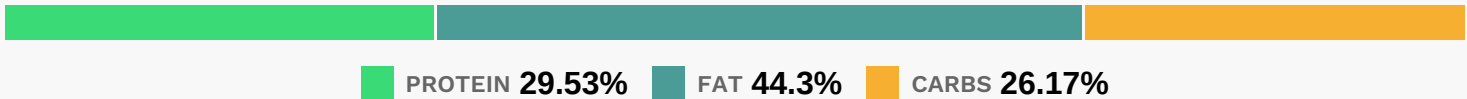
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Place all the ingredients in a blender and blend until smooth.
- ☐ Place the steak and marinade in a plastic bag. Seal the bag and refrigerate for at least 3 hours, up to overnight.
- ☐ Heat a large skillet on medium-high heat and warm 1 tablespoon of the olive oil.
- ☐ Add the bell peppers, onion, salt and pepper, and cook until tender, about 8 to 10 minutes.
- ☐ Transfer to a plate.Using a damp paper towel, wipe out the skillet. Keeping the heat on medium-high, warm 1 Tablespoon olive oil.
- ☐ Remove the steak from the marinade and cut into 1/2-inch-thick slices.
- ☐ Place the steak in the skillet. Cook, turning once, 3 to 4 minutes per side for medium-rare, or until done to your liking.eturn the peppers and onion to the skillet and stir together to warm through.To assemble the fajitas, place a warmed tortilla on a plate.
- ☐ Add a few slices of steak, some peppers, onion and sour cream, if using, and sprinkle with cilantro.
- ☐ Serve with rice, beans, guacamole and salsa on the side
- ☐ Repeat to assemble the remaining fajitas.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:15.4, Inflammation Score:-10, Nutrition Score:44.969130630079%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 774.52kcal (38.73%), Fat: 38.32g (58.95%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 45.76g (16.64%), Sugar: 7.29g (8.1%), Cholesterol: 142.88mg (47.63%), Sodium: 1011.47mg (43.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.46g (114.92%), Vitamin C: 106.54mg (129.14%), Zinc: 15.34mg (102.26%), Selenium: 70.24µg (100.34%), Vitamin B3: 17.7mg (88.48%), Vitamin B12: 4.83µg (80.51%), Vitamin B6: 1.3mg (65.13%), Vitamin B2: 1.06mg (62.13%), Phosphorus: 562.44mg (56.24%), Vitamin A: 2625.66IU (52.51%), Iron: 7.94mg (44.09%), Vitamin B1: 0.64mg (42.83%), Manganese: 0.76mg (38.21%), Folate: 133.05µg (33.26%), Potassium: 978.82mg (27.97%), Vitamin K: 28.91µg (27.54%), Vitamin E: 3.57mg (23.79%), Fiber: 5.16g (20.66%), Magnesium: 82.38mg (20.6%), Vitamin B5: 1.74mg (17.43%), Calcium: 159.56mg (15.96%), Copper: 0.31mg (15.44%), Vitamin D: 0.23µg (1.51%)