



Fajitas for Two

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb beef top sirloin steaks boneless ()
- ☐ 1 teaspoon vegetable oil
- ☐ 6.3 oz taco seasoning
- ☐ 2 cups bell pepper frozen thawed drained well (from 1-lb bag)
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 0.5 cup salsa thick

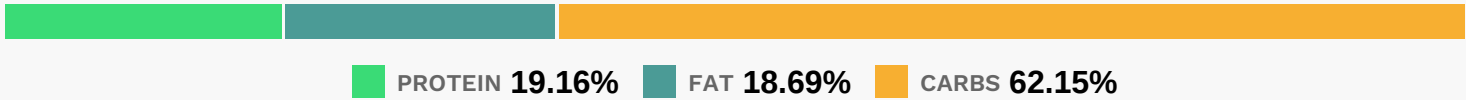
Equipment

- ☐ grill

Directions

- ☐ Heat closed contact grill 5 minutes.
- ☐ Brush both sides of steak with oil; rub with 2 teaspoons of the taco seasoning mix.
- ☐ Sprinkle vegetables with remaining taco seasoning mix.
- ☐ When grill is heated, place steak and vegetables on bottom grill surface. Close grill; cook 4 to 8 minutes or until desired beef doneness.
- ☐ Slice steak diagonally across grain into thin slices. Wrap steak and vegetables in warm tortillas; top with salsa.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:20.01, Inflammation Score:-10, Nutrition Score:44.969130557516%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 743.72kcal (37.19%), Fat: 16.12g (24.8%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 120.65g (40.22%), Net Carbohydrates: 95.63g (34.77%), Sugar: 29.67g (32.96%), Cholesterol: 66.9mg (22.3%), Sodium: 8498.96mg (369.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.2g (74.39%), Vitamin C: 231.82mg (281%), Vitamin A: 13288.03IU (265.76%), Fiber: 25.02g (100.09%), Selenium: 61.58µg (87.97%), Vitamin B3: 14.66mg (73.3%), Iron: 12.94mg (71.88%), Vitamin B6: 1.33mg (66.44%), Phosphorus: 538.25mg (53.83%), Vitamin B1: 0.77mg (51.53%), Folate: 195.14µg (48.79%), Manganese: 0.83mg (41.35%), Zinc: 5.65mg (37.7%), Vitamin B2: 0.61mg (35.96%), Potassium: 1032.21mg (29.49%), Vitamin E: 3.65mg (24.33%), Vitamin K: 23.78µg (22.65%), Calcium: 223.28mg (22.33%), Magnesium: 79.28mg (19.82%), Vitamin B12: 1.07µg (17.77%), Vitamin B5: 1.54mg (15.36%), Copper: 0.28mg (13.79%)