



HEALTH SCORE

67%

Fajitas with Pico De Gallo



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings garnish: cilantro sprigs fresh
- ☐ 3 pound flank steaks
- ☐ 16 8-inch flour tortillas ()
- ☐ 1 garlic bulb
- ☐ 1 large bell pepper green cut into strips
- ☐ 1 cup juice of lime
- ☐ 2 large onions sliced
- ☐ 1 tablespoon pepper

- ☐ 8 servings pico de gallo
- ☐ 1 large bell pepper red cut into strips
- ☐ 8 servings cup heavy whipping cream sour
- ☐ 1 large bell pepper yellow cut into strips
- ☐ 8 servings baine's guac
- ☐ 8 servings baine's guac

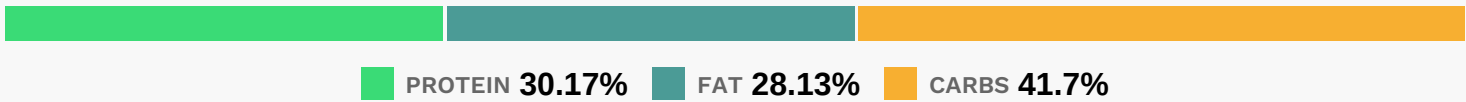
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Separate garlic bulb into cloves; peel and crush cloves.
- ☐ Combine garlic and next 6 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add steak. Cover or seal, and chill 4 hours, turning occasionally.
- ☐ Remove steak and vegetables from marinade; discard marinade.
- ☐ Coat vegetables with vegetable cooking spray.
- ☐ Place in a grill basket.
- ☐ Grill steak and vegetables, covered with grill lid, over high heat (400 to 500°F)
- ☐ about 4 minutes on each side or until steak reaches the desired degree of doneness and vegetables are tender.
- ☐ Cut steak diagonally across the grain into very thin slices.
- ☐ Serve steak, bell peppers, and onion with tortillas, Pico de Gallo, sour cream, and Baine's Guac.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:17.14, Inflammation Score:-9, Nutrition Score:36.032608757848%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 618.95kcal (30.95%), Fat: 19.21g (29.56%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 64.07g (21.36%), Net Carbohydrates: 58.55g (21.29%), Sugar: 9.53g (10.59%), Cholesterol: 109.14mg (36.38%), Sodium: 989.56mg (43.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.36g (92.73%), Vitamin C: 98.63mg (119.55%), Selenium: 73.77µg (105.38%), Vitamin B3: 15.72mg (78.58%), Vitamin B6: 1.3mg (65.11%), Phosphorus: 594.76mg (59.48%), Zinc: 7.31mg (48.76%), Vitamin B1: 0.69mg (46.24%), Manganese: 0.76mg (37.76%), Iron: 6.78mg (37.68%), Folate: 146.59µg (36.65%), Vitamin B2: 0.55mg (32.29%), Potassium: 953.09mg (27.23%), Vitamin B12: 1.57µg (26.22%), Fiber: 5.52g (22.07%), Calcium: 219.73mg (21.97%), Vitamin A: 959.62IU (19.19%), Magnesium: 75.93mg (18.98%), Copper: 0.31mg (15.42%), Vitamin B5: 1.5mg (15%), Vitamin K: 13.96µg (13.3%), Vitamin E: 1.02mg (6.82%)