



Fajitas with Roast Beef

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 1 tablespoon chili powder
- ☐ 8 flour tortilla
- ☐ 2 garlic clove thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 onion thinly sliced
- ☐ 1 bell pepper red thinly sliced
- ☐ 0.3 cup gravy
- ☐ 12 ounces pan drippings from roast beef preferably sliced cut into strips

☐ 4 servings cream sour for serving

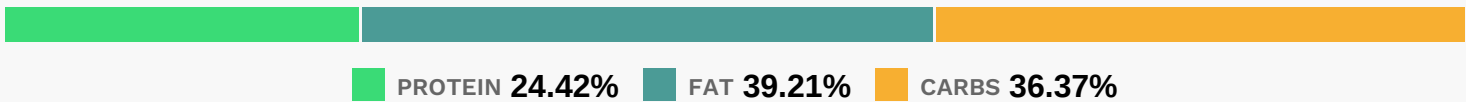
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, heat the canola oil until shimmering.
- ☐ Add the onion, bell pepper, garlic and chili powder and season with salt and pepper. Cook over high heat, stirring, until softened and browned in spots, about 5 minutes.
- ☐ Add the beef and gravy and cook, stirring, until just heated through, 1 minute.
- ☐ Serve the beef and vegetables in warm tortillas with salsa, sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:10.44, Inflammation Score:-9, Nutrition Score:23.735217716383%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 404.1kcal (20.21%), Fat: 17.76g (27.32%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 33.13g (12.05%), Sugar: 5.46g (6.07%), Cholesterol: 56.74mg (18.91%), Sodium: 2021.99mg (87.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.76%), Vitamin C: 78.98mg (95.73%), Vitamin B3: 9.55mg (47.74%), Calcium: 355.7mg (35.57%), Phosphorus: 320.87mg (32.09%), Vitamin A: 1599.92IU (32%), Selenium: 20.31µg (29.02%), Vitamin B6: 0.56mg (28.03%), Vitamin B1: 0.38mg (25.28%), Iron: 4.53mg (25.17%), Vitamin B12: 1.47µg (24.52%), Zinc: 3.65mg (24.35%), Manganese: 0.44mg (22.11%), Folate: 84.37µg (21.09%), Vitamin B2: 0.35mg (20.42%), Vitamin E: 2.51mg (16.73%), Fiber: 3.92g (15.68%), Potassium: 476.11mg (13.6%), Vitamin K: 13.2µg (12.57%), Magnesium: 41.94mg (10.49%), Copper: 0.16mg (8.23%), Vitamin B5: 0.55mg (5.49%)