Fajitas with Roquefort

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	4	2294 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 3 tablespoons cooking oil
- [ ] 48 inch corn tortillas
- [ ] 2 bell peppers green cut into thin strips
- [ ] 0.3 teaspoon fresh-ground pepper black
- [ ] 2 onions cut into thin slices
- [ ] 1 cup roquefort blue crumbled
- [ ] 1 teaspoon salt
- [ ] 1.3 pounds skirt steak cut into 2 pieces

Equipment

- [ ] frying pan
- [ ] oven
- [ ] grill
- [ ] aluminum foil
- [ ] broiler

Directions

- [ ] Heat the oven to 35
- [ ] Stack the tortillas and wrap them in aluminum foil. Warm in the oven for about 15 minutes.
- [ ] In a large frying pan, heat 2 tablespoons of the oil over moderately high heat.
- [ ] Add the onions, peppers, and 1/2 teaspoon of the salt and cook, stirring occasionally, until browned, about 10 minutes. Set aside.
- [ ] Light the grill or heat the broiler. Coat the steaks with the remaining 1 tablespoon oil.
- [ ] Sprinkle with the remaining 1/2 teaspoon salt and the black pepper. Grill or broil the steaks for 3 minutes. Turn the meat and cook to your taste, 2 to 3 minutes longer for medium rare.
- [ ] Let rest in a warm spot for 5 minutes.
- [ ] Cut the steaks diagonally across the grain into thin slices.
- [ ] Roll the steak slices, onions and peppers, and Roquefort in the warm tortillas.
- [ ] Variation: For a new-style Philly cheese steak, use the same filling, but put it in crusty rolls.
- [ ] Wine Recommendation: Fajitas and merlot go together like chips and salsa. The wine's plum, chocolate, and herb flavors are a natural with steak and peppers, while its soft, velvety texture plays counterpoint to the fajitas' rough-hewn construction.

Nutrition Facts

PROTEIN **14.63%** FAT **20.77%** CARBS **64.6%**

Properties

Glycemic Index:36.63, Glycemic Load:164.01, Inflammation Score:-8, Nutrition Score:63.182608407477%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 2294.24kcal (114.71%), Fat: 54.79g (84.29%), Saturated Fat: 14.87g (92.92%), Carbohydrates: 383.41g (127.8%), Net Carbohydrates: 328.51g (119.46%), Sugar: 11.32g (12.58%), Cholesterol: 114.61mg (38.2%), Sodium: 1445.06mg (62.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.86g (173.73%), Phosphorus: 3014.55mg (301.46%), Fiber: 54.9g (219.59%), Magnesium: 655.43mg (163.86%), Manganese: 3.02mg (151%), Zinc: 21.2mg (141.36%), Vitamin B6: 2.71mg (135.59%), Selenium: 87.6µg (125.14%), Vitamin B3: 21.34mg (106.7%), Calcium: 886.62mg (88.66%), Copper: 1.49mg (74.38%), Iron: 13.27mg (73.7%), Vitamin B2: 1.16mg (68.25%), Potassium: 2248.91mg (64.25%), Vitamin B1: 0.94mg (62.92%), Vitamin C: 51.91mg (62.92%), Vitamin B12: 3.43µg (57.18%), Vitamin E: 4.65mg (30.99%), Vitamin B5: 2.45mg (24.5%), Folate: 74.82µg (18.71%), Vitamin K: 15.25µg (14.52%), Vitamin A: 507.59IU (10.15%), Vitamin D: 0.31µg (2.07%)