



Fiesta Beef Fajitas

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef skirt
- ☐ 14.5 oz canned tomatoes with chiles canned
- ☐ 8 flour tortillas warmed (10-inch)
- ☐ 2 pasilla peppers green sliced into strips
- ☐ 4 servings garnishes: guacamole shredded sour
- ☐ 1 onion vertically sliced
- ☐ 2.2 oz fajita seasoning mix

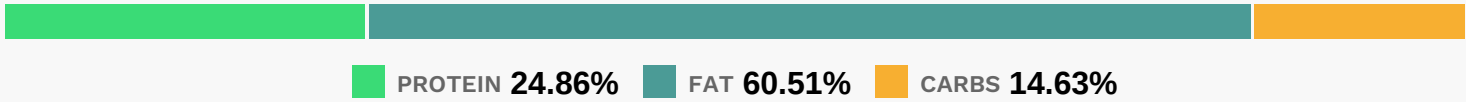
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place beef in a 4-quart slow cooker and set aside.
- ☐ Stir together tomatoes and fajita seasoning mix in a bowl; pour over beef. Cover and cook on high setting one hour; reduce heat to low setting and cook 8 hours.
- ☐ Add onion and green peppers; cover and cook on low setting one more hour.
- ☐ Remove beef and vegetables from slow cooker; shred beef with 2 forks.
- ☐ Serve beef mixture on warmed tortillas with desired garnishes.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:4.17, Inflammation Score:-8, Nutrition Score:41.807826073273%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 682.8kcal (34.14%), Fat: 46.62g (71.73%), Saturated Fat: 17.76g (111%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 15.07g (5.48%), Sugar: 7.78g (8.64%), Cholesterol: 161.03mg (53.68%), Sodium: 294.57mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.19%), Vitamin K: 112.96µg (107.58%), Vitamin B12: 4.85µg (80.89%), Vitamin C: 59.79mg (72.48%), Zinc: 10.33mg (68.86%), Iron: 11.94mg (66.31%), Vitamin B6: 1.22mg (61.11%), Vitamin B3: 12.03mg (60.16%), Manganese: 1.13mg (56.3%), Selenium: 36.17µg (51.67%), Phosphorus: 437.27mg (43.73%), Fiber: 10.3g (41.2%), Potassium: 1264.76mg (36.14%), Vitamin E: 5.36mg (35.74%), Calcium: 341.99mg (34.2%), Vitamin B2: 0.51mg (29.89%), Magnesium: 111.4mg (27.85%), Copper: 0.48mg (24.08%), Folate: 82.51µg (20.63%), Vitamin B1: 0.27mg (17.71%), Vitamin B5: 1.69mg (16.86%), Vitamin A: 713.16IU (14.26%), Vitamin D: 0.23µg (1.51%)