



 **55%**  
HEALTH SCORE

## Flank-Steak Fajitas with Spicy Garden Vegetables

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup bell pepper strips red
- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 1 pound flank steak cut into strips
- 6 10-inch flour tortillas fat-free ()
- 0.3 cup cilantro leaves fresh minced
- 1 cup corn kernels fresh ( 2 ears)
- 5 garlic cloves minced

- 1 tablespoon ground cumin
- 0.3 cup juice of lime fresh
- 2 tablespoons cup heavy whipping cream sour low-fat
- 1 cup onion vertically sliced
- 4 teaspoons oregano dried
- 0.5 teaspoon salt
- 1 cup julienne-cut squash yellow
- 2 cups tomatoes chopped
- 0.3 cup water
- 1 cup julienne-cut zucchini

## Equipment

- bowl
- frying pan
- ziploc bags

## Directions

- Combine the first 9 ingredients in a small bowl.
- Combine 1/3 cup marinade, onion, and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
- Remove steak mixture from bag; discard marinade.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add the steak mixture, and stir-fry 5 minutes.
- Place the steak mixture in a large bowl, and keep warm.
- Add bell pepper, squash, zucchini, corn, and remaining marinade to skillet; stir-fry 5 minutes or until vegetables are crisp-tender.
- Add to steak mixture; toss gently.
- Warm tortillas according to package directions. Arrange 1 cup steak mixture, 1/3 cup tomato, and 1 teaspoon sour cream down center of each tortilla; roll up.

# Nutrition Facts

PROTEIN 24.6% FAT 23.88% CARBS 51.52%

## Properties

Glycemic Index:41.67, Glycemic Load:12.64, Inflammation Score:-10, Nutrition Score:28.891739256518%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

## Nutrients (% of daily need)

Calories: 399.09kcal (19.95%), Fat: 10.73g (16.51%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 46.09g (16.76%), Sugar: 8.97g (9.97%), Cholesterol: 46.76mg (15.59%), Sodium: 768.29mg (33.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.77%), Vitamin A: 3899.24IU (77.98%), Vitamin C: 56mg (67.88%), Selenium: 39.01µg (55.72%), Vitamin B3: 9.34mg (46.7%), Vitamin B6: 0.79mg (39.66%), Manganese: 0.76mg (37.82%), Phosphorus: 376.4mg (37.64%), Vitamin B1: 0.54mg (36.01%), Folate: 126.69µg (31.67%), Iron: 5.62mg (31.22%), Zinc: 3.83mg (25.5%), Fiber: 6.03g (24.12%), Potassium: 831.98mg (23.77%), Vitamin K: 23.88µg (22.74%), Vitamin B2: 0.38mg (22.45%), Calcium: 190.31mg (19.03%), Magnesium: 73.73mg (18.43%), Copper: 0.25mg (12.39%), Vitamin B12: 0.7µg (11.75%), Vitamin B5: 1.11mg (11.06%), Vitamin E: 1.64mg (10.92%)