






 **74%**  
HEALTH SCORE

## Grilled Beef Fajita Packs

 Very Healthy

READY IN  
  
**40 min.**

SERVINGS  
  
**4**

CALORIES  
  
**478 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb beef top sirloin steaks boneless cut into thin strips
- 1 medium bell pepper green cut into 1/2-inch strips
- 1 medium bell pepper red cut into 1/2-inch strips
- 1 medium bell pepper yellow cut into 1/2-inch strips
- 1 medium onion thinly sliced
- 1.3 oz suya seasoning mix
- 0.3 cup water
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)

- 0.8 cup salsa thick
- 0.8 cup cream sour

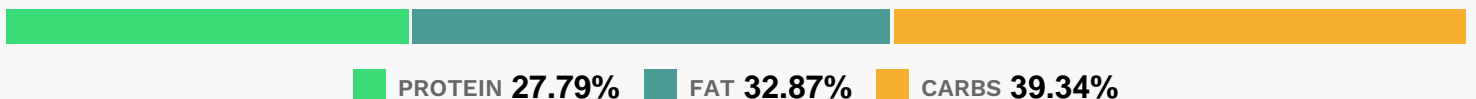
## Equipment

- bowl
- grill
- aluminum foil

## Directions

- Heat gas or charcoal grill.
- Cut 4 (20x18-inch) sheets of heavy-duty foil. In large bowl, mix beef, bell peppers, onion, seasoning mix and water.
- Place 1/4 of beef mixture on center of each foil sheet. Bring up 2 sides of foil over beef mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill over low heat. Cover grill; cook 13 to 18 minutes, rotating packets 1/2 turn after about 6 minutes, until beef is cooked to desired doneness and peppers are tender.
- To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.
- Serve beef mixture with tortillas, salsa and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:10.22, Inflammation Score:-9, Nutrition Score:36.476086948229%

## Flavonoids

Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

## Nutrients (% of daily need)

Calories: 477.57kcal (23.88%), Fat: 17.73g (27.27%), Saturated Fat: 7.74g (48.36%), Carbohydrates: 47.72g (15.91%), Net Carbohydrates: 39.18g (14.25%), Sugar: 8.98g (9.97%), Cholesterol: 92.35mg (30.78%), Sodium: 831.39mg (36.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.44%), Vitamin C: 120.14mg (145.63%), Selenium: 50.58µg (72.25%), Vitamin K: 66.97µg (63.78%), Vitamin B6: 1.18mg (58.93%), Vitamin B3: 11.63mg (58.16%), Manganese: 0.94mg (47.07%), Phosphorus: 449.28mg (44.93%), Iron: 7.85mg (43.63%), Zinc: 5.53mg (36.9%), Vitamin A: 1754.96IU (35.1%), Fiber: 8.54g (34.17%), Calcium: 323.73mg (32.37%), Vitamin B1: 0.47mg (31.52%), Folate: 124.53µg (31.13%), Vitamin B2: 0.48mg (28.43%), Potassium: 986.84mg (28.2%), Magnesium: 87.47mg (21.87%), Vitamin E: 3.28mg (21.86%), Vitamin B12: 1.16µg (19.28%), Copper: 0.31mg (15.68%), Vitamin B5: 1.37mg (13.69%)