



 **61%**
HEALTH SCORE

Grilled Beef Fajitas

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



806 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons ground pepper
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 12 10-inch flour tortilla ()
- 1 bunch cilantro leaves fresh chopped
- 2 teaspoons garlic powder
- 1 tablespoon marjoram
- 1 jalapeno minced seeded

- 2 tablespoons juice of lemon freshly squeezed
- 2 tablespoons olive oil
- 2 teaspoons onion powder
- 2 medium onion
- 2 tablespoons paprika
- 2 bell pepper green red
- 1 onion red chopped
- 6 servings salt and pepper
- 2 lbs sirloin tip
- 1 cup cream sour
- 1 tablespoon thyme leaves
- 4 tomatoes ripe seeded chopped

Equipment

- frying pan
- grill
- stove

Directions

- Mix all of the southwestern spice rub ingredients, coat the beef with the rub – rubbing it in well on both sides – and set aside. (Or refrigerate for a few hours.) Peel and slice the onions.
- Remove the seeds from the peppers and slice. Cook the pepper and onion slices in olive oil (cast iron pan recommended) until they are slightly wilted. Grill the beef over medium flame (or cast iron pan on the stove top), flipping midway through cooking time, to your desired doneness. It typically takes about 7–10 minute for medium rare. grills/cooking times vary. Warm up the tortillas by heating on the grill or in a dry pan on the stove. After letting the beef rest for about 5 minutes, slice it across the grain in about half-inch slices.
- Serve with the warm tortillas, the pepper and onions, the salsa, and the sour cream on the side.

Nutrition Facts



■ PROTEIN 24.1% ■ FAT 32.93% ■ CARBS 42.97%

Properties

Glycemic Index:50.33, Glycemic Load:24.2, Inflammation Score:-10, Nutrition Score:48.685217732969%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

Nutrients (% of daily need)

Calories: 806.2kcal (40.31%), Fat: 29.5g (45.39%), Saturated Fat: 10.69g (66.8%), Carbohydrates: 86.65g (28.88%), Net Carbohydrates: 76.55g (27.84%), Sugar: 12.77g (14.19%), Cholesterol: 114.85mg (38.28%), Sodium: 1378.66mg (59.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.58g (97.17%), Selenium: 81.4µg (116.28%), Vitamin B3: 16.4mg (82%), Vitamin B12: 4.42µg (73.66%), Phosphorus: 723.02mg (72.3%), Vitamin B6: 1.43mg (71.38%), Vitamin A: 3493.28IU (69.87%), Zinc: 10.2mg (67.99%), Vitamin C: 55.41mg (67.16%), Vitamin B1: 0.94mg (62.92%), Iron: 11.25mg (62.51%), Manganese: 1.11mg (55.45%), Vitamin B2: 0.88mg (52.02%), Folate: 178.66µg (44.66%), Fiber: 10.09g (40.37%), Potassium: 1329.79mg (37.99%), Vitamin K: 35.33µg (33.65%), Calcium: 313.18mg (31.32%), Magnesium: 108.04mg (27.01%), Vitamin E: 3.73mg (24.87%), Copper: 0.47mg (23.64%), Vitamin B5: 1.9mg (18.99%)