



## Grilled Chicken Fajita Foil Packs

 Dairy Free

READY IN



155 min.

SERVINGS



2

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons chili powder
- 4 8-inch flour tortilla for burritos (; from 11-oz package)
- 2 cloves garlic finely chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lime
- 1 small onion separated thinly sliced
- 0.3 teaspoon salt
- 2 chicken breast boneless skinless cut into 1/2-inch strips

- 1 bell pepper red yellow seeded cut into rings

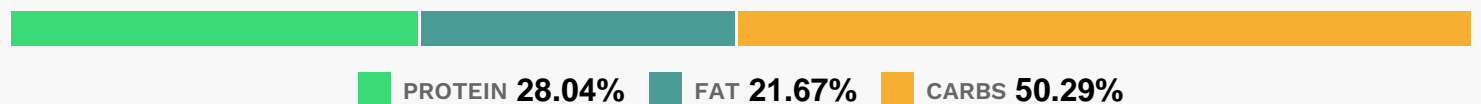
## Equipment

- bowl
- grill
- aluminum foil

## Directions

- In medium bowl, mix chili powder, cumin, salt, garlic and lime juice.
- Add chicken, bell pepper and onion; stir to coat. Cover bowl; refrigerate at least 2 hours to marinate, turning once.
- Heat gas or charcoal grill.
- Cut 2 (18x12-inch) sheets of heavy-duty foil.
- Remove chicken and vegetables from marinade; discard marinade.
- Place half of chicken and vegetables on center of each sheet. Bring up 2 sides of foil 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.
- Cut another sheet of foil; wrap tortillas securely in foil.
- Place packets on grill over medium heat. Cook chicken and vegetables 10 to 15 minutes or until chicken is no longer pink in center and vegetables are crisp-tender. Cook tortillas 2 to 3 minutes or until warm. Open foil carefully to allow hot steam to escape.
- Serve each chicken and vegetable packet with 2 tortillas. If desired, top tortillas with shredded lettuce, sour cream, guacamole, shredded cheese and salsa.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:16.93, Inflammation Score:-9, Nutrition Score:30.569565503494%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg, Quercetin: 7.85mg

## **Nutrients (% of daily need)**

Calories: 486.74kcal (24.34%), Fat: 11.66g (17.94%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 60.89g (20.3%), Net Carbohydrates: 55.32g (20.12%), Sugar: 5.71g (6.34%), Cholesterol: 72.32mg (24.11%), Sodium: 1209.52mg (52.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.89%), Vitamin C: 118.62mg (143.78%), Selenium: 60.14µg (85.91%), Vitamin B3: 17.16mg (85.81%), Vitamin B6: 1.14mg (56.77%), Phosphorus: 487.04mg (48.7%), Vitamin B1: 0.64mg (42.4%), Manganese: 0.74mg (36.99%), Folate: 124.72µg (31.18%), Iron: 5.21mg (28.96%), Vitamin B2: 0.45mg (26.53%), Potassium: 800.42mg (22.87%), Fiber: 5.57g (22.29%), Vitamin B5: 1.97mg (19.75%), Calcium: 188.13mg (18.81%), Magnesium: 69.23mg (17.31%), Vitamin A: 760.72IU (15.21%), Copper: 0.25mg (12.57%), Zinc: 1.51mg (10.09%), Vitamin K: 9.99µg (9.52%), Vitamin E: 1.04mg (6.91%), Vitamin B12: 0.23µg (3.77%)