



Grilled Chicken Fajita Stir-Fry

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup salsa thick
- 2 teaspoons honey
- 2 teaspoons chipotles in adobo drained chopped (not) (from 7-oz can)
- 0.5 teaspoon chili powder
- 1 pound chicken breast (not breaded)
- 1 medium bell pepper green cut into 1-inch strips
- 1 medium bell pepper red cut into 1-inch strips
- 1 medium onion thinly sliced

- 8 8-inch flour tortilla (6 to)
- 1 medium avocado pitted ripe peeled sliced
- 1 serving salsa thick

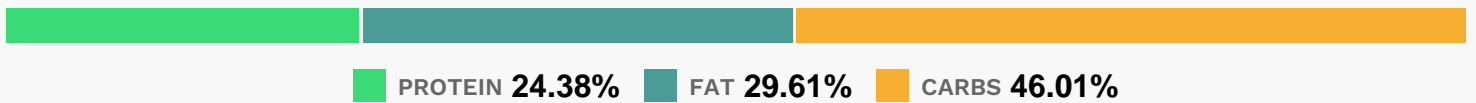
Equipment

- bowl
- grill
- wok

Directions

- Heat coals or gas grill for direct heat. In large bowl, mix 1/4 cup salsa, the honey, chipotle chilies and chili powder.
- Add chicken, bell peppers and onion; toss to coat.
- Place mixture in grill basket (grill "wok").
- Cover and grill chicken and vegetables over medium heat 15 to 18 minutes, shaking basket or stirring mixture occasionally, until chicken is no longer pink in center and vegetables are crisp-tender.
- Spoon mixture onto center of each tortilla; top with avocado and additional salsa.
- Roll tortillas around filling.

Nutrition Facts



Properties

Glycemic Index:24.41, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:16.978260869565%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg

Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 283.26kcal (14.16%), Fat: 9.36g (14.4%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 28.08g (10.21%), Sugar: 5.61g (6.24%), Cholesterol: 36.29mg (12.1%), Sodium: 526.15mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.69%), Vitamin B3: 8.99mg (44.95%), Vitamin C: 35.45mg (42.97%), Selenium: 29.85µg (42.64%), Vitamin B6: 0.64mg (31.84%), Phosphorus: 252.35mg (25.23%), Vitamin B1: 0.34mg (22.47%), Folate: 82.06µg (20.51%), Fiber: 4.66g (18.63%), Manganese: 0.37mg (18.29%), Vitamin B2: 0.26mg (15.26%), Potassium: 507.52mg (14.5%), Iron: 2.45mg (13.63%), Vitamin B5: 1.35mg (13.46%), Vitamin A: 670.07IU (13.4%), Vitamin K: 11.59µg (11.04%), Magnesium: 39.94mg (9.98%), Calcium: 89.91mg (8.99%), Vitamin E: 1.12mg (7.44%), Copper: 0.14mg (7.18%), Zinc: 0.87mg (5.82%), Vitamin B12: 0.11µg (1.89%)