



Grilled Chicken Fajitas

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup juice of lime
- 1 tablespoon vegetable oil
- 1 teaspoon chili powder
- 1 pound chicken breast halves boneless skinless cut into 4x1/4-inch strips
- 1 medium onion cut into 1/4-inch slices
- 11 oz flour tortilla for burritos (8 count)
- 1 cup salsa
- 0.5 cup guacamole

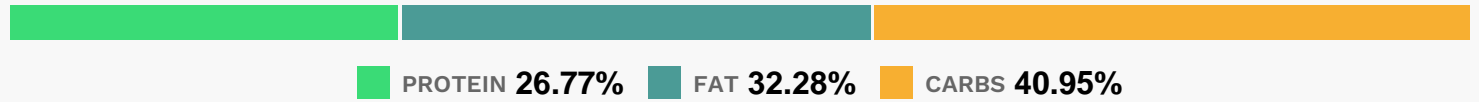
Equipment

grill

Directions

- Mix lime juice, oil and chili powder in shallow glass or plastic dish or heavy-duty resealable plastic food-storage bag.
- Add chicken and onion; turn to coat with marinade. Cover dish or seal bag and refrigerate at least 1 hour but no longer than 24 hours.
- Brush grill rack with vegetable oil.
- Heat coals or gas grill for direct heat.
- Remove chicken and onion from marinade; reserve marinade. Cover and grill chicken and onion 4 to 6 inches from medium heat 8 to 10 minutes, brushing frequently with marinade and turning once, until chicken is no longer pink in center. Discard any remaining marinade.
- Divide chicken and onion among tortillas, placing in center. Fold one end of tortilla up about 1 inch over chicken mixture; fold right and left sides over folded end, overlapping. Fold remaining end down. Top with salsa and guacamole.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:12.96, Inflammation Score:-7, Nutrition Score:25.932173977727%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 482.93kcal (24.15%), Fat: 17.39g (26.76%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 42.96g (15.62%), Sugar: 7.03g (7.81%), Cholesterol: 72.57mg (24.19%), Sodium: 1143.53mg (49.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.92%), Vitamin B3: 16.66mg (83.28%), Selenium: 54.64µg (78.05%), Vitamin B6: 1.14mg (56.96%), Phosphorus: 447.38mg (44.74%), Vitamin B1: 0.53mg (35.07%), Manganese: 0.57mg (28.33%), Folate: 112.61µg (28.15%), Fiber: 6.69g (26.78%), Potassium: 903.88mg (25.83%), Vitamin B2: 0.41mg (24.06%), Vitamin B5: 2.37mg (23.66%), Iron: 3.85mg (21.41%), Vitamin K: 22.11µg (21.06%), Magnesium: 70.15mg (17.54%), Calcium: 151.54mg (15.15%), Vitamin C: 12.3mg (14.91%), Vitamin E: 2.16mg (14.42%), Copper: 0.23mg (11.66%), Vitamin A: 548.01IU (10.96%), Zinc: 1.48mg (9.88%), Vitamin B12: 0.23µg (3.78%)