



## Grilled Chicken Fajitas

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon chili powder
- 8 8-inch flour tortilla (es in diameter)
- 0.5 cup guacamole
- 0.3 cup juice of lime
- 1 medium onion cut into 1/4-inch slices
- 1 cup salsa (any variety)
- 1 pound chicken breast halves boneless skinless cut into 4x1/4-inch strips
- 1 tablespoon vegetable oil

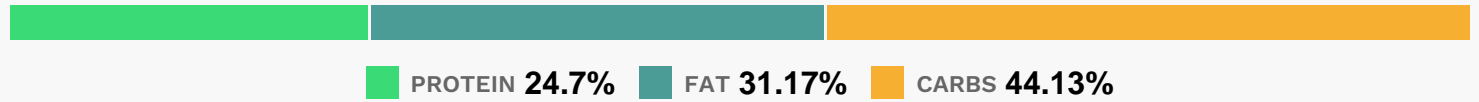
# Equipment

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:16.71, Inflammation Score:-8, Nutrition Score:28.55304307523%

# 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: 556.49kcal (27.82%), Fat: 19.31g (29.71%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 53.99g (19.63%), Sugar: 7.92g (8.81%), Cholesterol: 72.57mg (24.19%), Sodium: 1320.45mg (57.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.43g (68.87%), Vitamin B3: 17.72mg (88.59%), Selenium: 60µg (85.71%), Vitamin B6: 1.15mg (57.67%), Phosphorus: 496.9mg (49.69%), Vitamin B1: 0.65mg (43.13%), Manganese: 0.69mg (34.27%), Folate: 135.21µg (33.8%), Fiber: 7.54g (30.14%), Vitamin B2: 0.48mg (28.05%), Potassium: 933.93mg (26.68%), Iron: 4.73mg (26.25%), Vitamin B5: 2.41mg (24.05%), Vitamin K: 23.85µg (22.71%), Magnesium: 75.44mg (18.86%), Calcium: 186.63mg (18.66%), Vitamin C: 12.3mg (14.91%), Vitamin E: 2.16mg (14.42%), Copper: 0.26mg (12.91%), Vitamin A: 548.01IU (10.96%), Zinc: 1.61mg (10.72%), Vitamin B12: 0.23µg (3.78%)