



Grilled Chicken Fajitas Platter

 Gluten Free

READY IN



160 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground plus more for sprinkling
- ☐ 2 pounds chicken breast halves boneless
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green halved seeded
- ☐ 0.3 cup juice of lime (3 limes)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 bell pepper red halved seeded
- ☐ 1 teaspoon salt plus more for sprinkling

- ☐ 4 scallions
- ☐ 4 servings cheddar shredded for serving
- ☐ 4 servings cup heavy whipping cream sour for serving
- ☐ 1 onion yellow quartered

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Whisk the lime, oil, garlic, salt and pepper until combined in a small bowl.
- ☐ Place the chicken in a 1-gallon plastic bag.
- ☐ Pour half of the lime mixture over the chicken; turn to coat.
- ☐ Let the chicken marinate in the fridge for at least 2 hours and up to 8 hours.
- ☐ Arrange the scallions, onions, green peppers and red peppers on a large rimmed baking sheet.
- ☐ Pour the remaining lime mixture over the vegetables; turn to coat.
- ☐ Preheat the grill to medium-high heat.
- ☐ Remove the chicken from the lime mixture and bring to room temperature.
- ☐ Sprinkle each side of the chicken with salt and pepper. Grill the chicken until cooked through, about 7 minutes each side. Grill the vegetables until tender, turning frequently, about 10 minutes for the scallions and peppers and 15 minutes for the onions.
- ☐ Transfer the chicken to a work surface and cover with aluminum foil. Set aside the chicken for 10 minutes. Meanwhile, slice the onions and peppers and arrange them on a platter with the scallions. Slice the chicken crosswise into strips and transfer to the platter.
- ☐ Serve with the Cheddar and sour cream.

Nutrition Facts

PROTEIN 40.73% FAT 51.85% CARBS 7.42%

Properties

Glycemic Index:47.5, Glycemic Load:1.72, Inflammation Score:-9, Nutrition Score:34.006086743396%

Flavonoids

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 561.45kcal (28.07%), Fat: 32.13g (49.42%), Saturated Fat: 10.18g (63.62%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.24g (3%), Sugar: 4.2g (4.67%), Cholesterol: 182.23mg (60.74%), Sodium: 1050.61mg (45.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.78g (113.57%), Vitamin B3: 24.26mg (121.28%), Selenium: 82.2µg (117.43%), Vitamin B6: 1.96mg (98.08%), Vitamin C: 74.59mg (90.42%), Phosphorus: 655.99mg (65.6%), Vitamin K: 38.64µg (36.8%), Vitamin B5: 3.6mg (36.03%), Vitamin A: 1614.34IU (32.29%), Potassium: 1098.65mg (31.39%), Calcium: 264.73mg (26.47%), Vitamin B2: 0.44mg (25.64%), Vitamin E: 3.34mg (22.24%), Magnesium: 82.36mg (20.59%), Zinc: 2.71mg (18.09%), Vitamin B1: 0.22mg (14.57%), Vitamin B12: 0.8µg (13.28%), Manganese: 0.25mg (12.44%), Folate: 47.3µg (11.83%), Iron: 1.53mg (8.5%), Fiber: 2.1g (8.39%), Copper: 0.14mg (6.78%), Vitamin D: 0.41µg (2.71%)