



Grilled Skirt Steak Fajitas

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb beef skirt steak
- 1 cup black beans canned rinsed
- 8 8-inch flour tortillas ()
- 2 Tbsp cilantro leaves fresh finely chopped
- 1 cup regular corn frozen thawed
- 2 cloves garlic minced
- 1 tsp ground cumin
- 3 Tbsp a.1. original sauce

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 2 Tbsp juice of lime
- 0.3 cup onions red finely chopped
- 1 tomatoes chopped

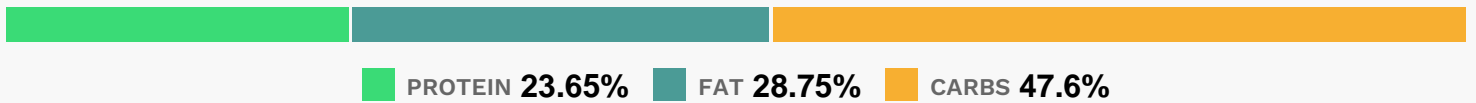
Equipment

- grill
- aluminum foil

Directions

- Heat grill to medium-high heat.
- Grill steak 4 to 5 min. on each side or until medium doneness, brushing with steak sauce for the last minute.
- Remove from grill; cover loosely with foil.
- Let stand 5 min. Meanwhile, grill tortillas 15 to 30 sec. on each side or just until warmed.
- Combine remaining ingredients.
- Cut meat across the grain into thin slices.
- Serve with tortillas and bean mixture.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:4.0291304008468%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 83.96kcal (4.2%), Fat: 2.71g (4.17%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 8.97g (3.26%), Sugar: 1.25g (1.39%), Cholesterol: 9.53mg (3.18%), Sodium: 170.25mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Selenium: 6.56µg (9.37%), Vitamin B3: 1.62mg (8.11%), Zinc: 1.13mg (7.55%), Phosphorus: 64.73mg (6.47%), Vitamin B1: 0.09mg (6.32%), Vitamin B2: 0.1mg (5.9%), Manganese: 0.11mg (5.73%), Iron: 0.97mg (5.41%), Vitamin B12: 0.32µg (5.37%), Folate: 19.93µg (4.98%), Vitamin B6: 0.1mg (4.81%), Fiber: 1.11g (4.45%), Potassium: 111.59mg (3.19%), Magnesium: 11.15mg (2.79%), Vitamin K: 2.73µg (2.6%), Calcium: 25.1mg (2.51%), Copper: 0.05mg (2.27%), Vitamin C: 1.59mg (1.93%), Vitamin B5: 0.14mg (1.45%)