



Heinz® Classic Family Fajitas

READY IN



25 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups old cheddar cheese shredded
- ☐ 2 teaspoons chili powder
- ☐ 2 10-inch flour tortillas ()
- ☐ 2 cloves garlic minced
- ☐ 1 pound pd of ground turkey
- ☐ 2 cups lettuce shredded
- ☐ 0.7 cup cup heavy whipping cream sour low-fat
- ☐ 2 onions sliced
- ☐ 0.5 teaspoon pepper

- ☐ 2 pasilla peppers sweet sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups chili sauce sweet with peppers heinz®
- ☐ 2 tablespoons heinz tomato ketchup
- ☐ 2 tablespoons vegetable oil

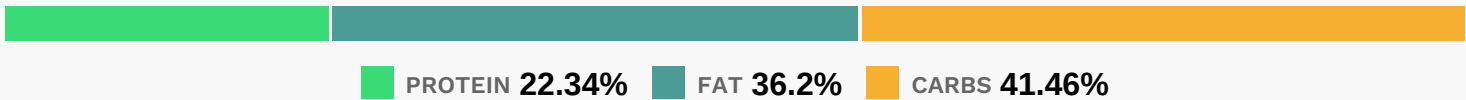
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat half the oil over medium-high heat.
- ☐ Add onions, peppers and half of the salt and pepper. Cook, stirring, for 5 minutes or until tender. Reserve.
- ☐ Add remaining oil to pan. Crumble in turkey, add garlic, chili powder and remaining salt and pepper.
- ☐ Saute until brown, about 5 minutes. Stir in half the chili sauce and all of the ketchup. Bring to a simmer.
- ☐ Serve meat and vegetable mixtures with tortillas and bowls of remaining chili sauce, cheese, lettuce and sour cream to make your own fajitas.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:4.95, Inflammation Score:-7, Nutrition Score:19.898695624393%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 512.28kcal (25.61%), Fat: 20.82g (32.03%), Saturated Fat: 8.91g (55.72%), Carbohydrates: 53.64g (17.88%), Net Carbohydrates: 50.54g (18.38%), Sugar: 35.59g (39.55%), Cholesterol: 78.77mg (26.26%), Sodium: 1309.09mg (56.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Selenium: 31.23µg (44.61%), Vitamin B3: 8.82mg (44.12%), Vitamin C: 36.03mg (43.67%), Vitamin B6: 0.86mg (43.2%), Phosphorus: 395.67mg (39.57%), Calcium: 294.43mg (29.44%), Vitamin B2: 0.34mg (20.2%), Vitamin K: 20.83µg (19.84%), Zinc: 2.82mg (18.8%), Vitamin A: 878.09IU (17.56%), Vitamin B1: 0.24mg (15.76%), Manganese: 0.3mg (15.15%), Potassium: 518.22mg (14.81%), Folate: 55.31µg (13.83%), Vitamin B12: 0.79µg (13.21%), Fiber: 3.1g (12.38%), Magnesium: 48.74mg (12.18%), Iron: 1.97mg (10.95%), Vitamin B5: 0.94mg (9.43%), Vitamin E: 1.24mg (8.26%), Copper: 0.14mg (7.21%), Vitamin D: 0.52µg (3.49%)