



Hoppin' Habanero-Lime Chicken Fajitas

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb black beans drained canned
- 8 flour tortillas
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin
- 6 tablespoons habanero chili hot sauce
- 0.3 cup juice of lime
- 8 servings lime wedges
- 1 cup heavy whipping cream sour low-fat
- 1 tablespoon olive oil

- 3 onions peeled quartered (1 lb. total)
- 0.5 teaspoon oregano dried
- 1.5 pounds chicken breast halves boneless skinless
- 3 tablespoons tequila
- 1 cup tomatoes chopped

Equipment

- grill
- ziploc bags

Directions

- In a 1-gallon zip-lock plastic bag, combine lime juice, tequila, oil, cumin, oregano, 6 tablespoons hot sauce, and garlic.
- Add chicken and onions, seal, and chill at least 15 minutes or up to 2 hours, turning occasionally.
- Combine tomatoes and 1/4 teaspoon to 1 1/2 teaspoons hot sauce; set aside.
- Oil a barbecue grill over a solid bed of hot coals or gas grill on high heat (you can hold your hand at grill level only 2 to 3 seconds). Lift onions from marinade and place on grill. Close lid on gas grill. Cook onions for 3 minutes, turn, cook a couple more minutes, then turn over and baste with marinade.
- Lift chicken from marinade and place on grill; close gas grill. Turn and baste chicken and onions occasionally until onions are soft and browned and meat is no longer pink in thickest part (cut to test), about 8 minutes.
- Transfer chicken and onions to a board and keep warm.
- Heat tortillas on grill, turning once, until softened and lightly speckled brown, 30 to 60 seconds.
- Slice chicken crosswise.
- Place portions of chicken, onions, and beans in tortillas. Top with tomatoes, sour cream, and a squeeze of lime. Fold up bottom of tortillas, then fold in sides.

Nutrition Facts



■ PROTEIN 32.07% ■ FAT 27.13% ■ CARBS 40.8%

Properties

Glycemic Index:28.88, Glycemic Load:6.19, Inflammation Score:-7, Nutrition Score:19.409999958847%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 336.31kcal (16.82%), Fat: 9.73g (14.97%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 26.74g (9.72%), Sugar: 4.16g (4.63%), Cholesterol: 64.49mg (21.5%), Sodium: 565.25mg (24.58%), Alcohol: 1.88g (100%), Alcohol %: 0.83% (100%), Protein: 25.89g (51.77%), Vitamin B3: 10.89mg (54.47%), Selenium: 35.93µg (51.32%), Vitamin B6: 0.83mg (41.33%), Phosphorus: 346.67mg (34.67%), Vitamin C: 27.16mg (32.92%), Fiber: 6.19g (24.77%), Vitamin B1: 0.34mg (22.34%), Potassium: 744.65mg (21.28%), Folate: 83.7µg (20.93%), Manganese: 0.41mg (20.68%), Vitamin B2: 0.3mg (17.64%), Iron: 2.92mg (16.22%), Magnesium: 61.8mg (15.45%), Vitamin B5: 1.47mg (14.72%), Calcium: 127.26mg (12.73%), Copper: 0.22mg (10.85%), Zinc: 1.26mg (8.4%), Vitamin A: 391.69IU (7.83%), Vitamin K: 7.56µg (7.2%), Vitamin E: 0.73mg (4.88%), Vitamin B12: 0.29µg (4.85%)