

health-score 74%

Very Healthy

Hot and Spicy Fajitas

READY IN

ready

120 min.

SERVINGS

servings

4

CALORIES

calories

1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 avocados mashed
- ☐ 4 servings bell pepper black
- ☐ 6 button mushrooms sliced
- ☐ 1 carrots cut into julienne strips
- ☐ 0.5 pound chicken breast strips
- ☐ 2 chiles yellow recommended: habanero, pasilla, Anaheim, , or jalapeno
- ☐ 4 servings chiles assorted recommended: habanero, pasilla, Anaheim, jalapeno
- ☐ 4 servings chili powder

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 2 teaspoons cilantro leaves finely chopped
- ☐ 4 servings cumin
- ☐ 4 servings garlic salt
- ☐ 1 bell pepper green sliced
- ☐ 6 green onions sliced
- ☐ 1 teaspoon hot sauce
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons olive oil
- ☐ 4 servings olive oil
- ☐ 2 teaspoons parmesan finely grated
- ☐ 4 servings bell pepper
- ☐ 1 bell pepper red sliced
- ☐ 4 servings salt
- ☐ 0.5 pound cajun sausage
- ☐ 0.5 pound shrimp peeled
- ☐ 0.5 pound skirt steak
- ☐ 4 servings soya sauce
- ☐ 1 tomatoes diced
- ☐ 4 tomatoes
- ☐ 1 onion diced white
- ☐ 1 onion white sliced
- ☐ 2 onions white

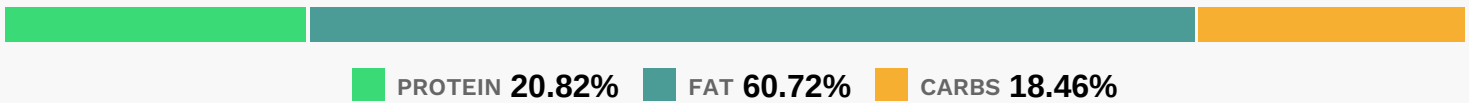
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ In a large skillet, heat olive oil over medium-high heat.
- ☐ Add vegetables, season with salt, pepper, and soy sauce, to taste, and saute until tender yet still crisp, about 8 minutes.
- ☐ Remove vegetables from skillet and reserve.
- ☐ Preheat a grill to medium-high heat. Grill the chicken, steak, shrimp, and sausage; it is best to select a different area of the grill for each, as they all have very different cooking times. As each is cooked through, remove from the grill, cut into strips, and reserve.
- ☐ Heat the same large skillet until very hot and return the vegetables to the pan.
- ☐ Layer the assorted roasted chiles on top and then lay the meat on top of the chiles.
- ☐ Add the lime juice for that famous fajita sizzle and serve immediately with the Guacamole and Salsa.
- ☐ Combine all ingredients in a bowl and stir mix well. Season with salt and pepper, to taste.
- ☐ Preheat a grill to high.
- ☐ Coat the tomatoes, onions, and chiles in olive oil, black pepper, and chili powder, to taste. Blacken vegetables on the grill.
- ☐ Remove from the heat and then dice when cool enough to handle.
- ☐ Mix together in a bowl with the lime juice and cilantro. Season, to taste, with cumin, garlic salt, and additional pepper and chili powder.

Nutrition Facts



Properties

Glycemic Index:157.46, Glycemic Load:8.62, Inflammation Score:-10, Nutrition Score:60.766086910082%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg

Hesperetin: 0.67mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 26.32mg, Quercetin: 26.32mg, Quercetin: 26.32mg, Quercetin: 26.32mg

Nutrients (% of daily need)

Calories: 1036.67kcal (51.83%), Fat: 73.28g (112.74%), Saturated Fat: 14.47g (90.43%), Carbohydrates: 50.15g (16.72%), Net Carbohydrates: 27.66g (10.06%), Sugar: 18.78g (20.86%), Cholesterol: 204.46mg (68.15%), Sodium: 2042.13mg (88.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.52g (113.05%), Vitamin C: 251.08mg (304.34%), Vitamin A: 8608.53IU (172.17%), Vitamin K: 121.7µg (115.9%), Vitamin B6: 2.26mg (113.08%), Vitamin B3: 20.15mg (100.73%), Fiber: 22.49g (89.95%), Potassium: 2818.16mg (80.52%), Vitamin E: 11.33mg (75.56%), Folate: 292.46µg (73.12%), Phosphorus: 698.01mg (69.8%), Zinc: 8.56mg (57.1%), Vitamin B5: 5.6mg (55.99%), Manganese: 1.12mg (55.77%), Vitamin B2: 0.94mg (55.46%), Copper: 1.08mg (53.96%), Selenium: 35.84µg (51.2%), Magnesium: 185.3mg (46.32%), Vitamin B1: 0.63mg (41.84%), Iron: 6.72mg (37.33%), Vitamin B12: 1.82µg (30.35%), Calcium: 172.59mg (17.26%), Vitamin D: 0.91µg (6.09%)