



KRAFTÂ® BBQ Beef Fajitas

 Dairy Free

READY IN



204 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups original barbecue sauce divided kraft
- 1 lb beef flank steak
- 4 6-inch flour tortillas ()
- 0.3 cup juice of lime
- 1 medium onion cut into 1/2-inch-thick slices
- 1 medium each: and pepper green red cut lengthwise into quarters
- 0.3 cup water

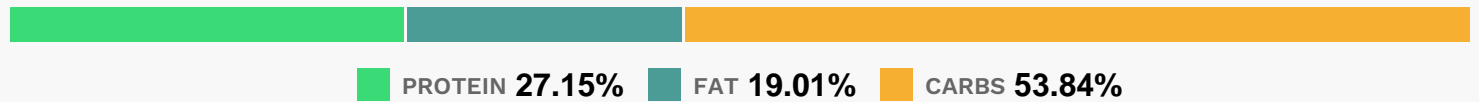
Equipment

grill

Directions

- Mix 1 cup of the barbecue sauce, the lime juice and water until well blended; set aside. Score both sides of steak by making shallow cuts in surface.
- Place steak in glass dish.
- Pour barbecue sauce mixture over steak; cover. Refrigerate several hours or overnight to marinate.
- Drain; discard marinade.
- Preheat greased grill to medium heat. Grill steak, peppers and onions 12 to 14 min. or until steak is cooked to medium doneness (160F) and vegetables are crisp-tender, turning and brushing occasionally with the remaining 1/4 cup barbecue sauce.
- Cut steak across the grain into thin slices. Coarsely chop vegetables. Spoon steak and vegetables evenly onto tortillas; roll up.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:5.28, Inflammation Score:-5, Nutrition Score:17.661739162777%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 416.29kcal (20.81%), Fat: 8.68g (13.35%), Saturated Fat: 3.28g (20.53%), Carbohydrates: 55.29g (18.43%), Net Carbohydrates: 52.84g (19.22%), Sugar: 32.21g (35.79%), Cholesterol: 68.04mg (22.68%), Sodium: 1203.66mg (52.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.77%), Selenium: 41.47µg (59.24%), Vitamin B3: 8.98mg (44.89%), Vitamin B6: 0.81mg (40.51%), Phosphorus: 319.23mg (31.92%), Zinc: 4.72mg (31.45%), Potassium: 692.71mg (19.79%), Iron: 3.5mg (19.46%), Vitamin B1: 0.27mg (17.99%), Vitamin B12: 1.03µg (17.2%),

Manganese: 0.34mg (17.17%), Vitamin B2: 0.28mg (16.19%), Folate: 51.51µg (12.88%), Magnesium: 47.7mg (11.93%), Calcium: 107.1mg (10.71%), Copper: 0.2mg (9.94%), Fiber: 2.45g (9.78%), Vitamin B5: 0.97mg (9.66%), Vitamin C: 7.11mg (8.62%), Vitamin E: 1.09mg (7.23%), Vitamin K: 5.74µg (5.47%), Vitamin A: 209.68IU (4.19%)