



Mexican Food Detour: Try This Lamb Fajitas

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



372 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large avocado
- 4 servings flour tortilla
- 4 servings cilantro leaves fresh coarsely chopped
- 4 servings garlic
- 1 large bell pepper green
- 4 servings ground cumin
- 4 servings lamb loins
- 4 servings juice of lemon

- 4 servings juice of lime
- 4 servings to 5 chilies fresh green
- 4 servings olive oil
- 1 large bell pepper red
- 1 large onion red
- 1 medium tomatoes
- 1 small onion white
- 1 medium bell pepper yellow

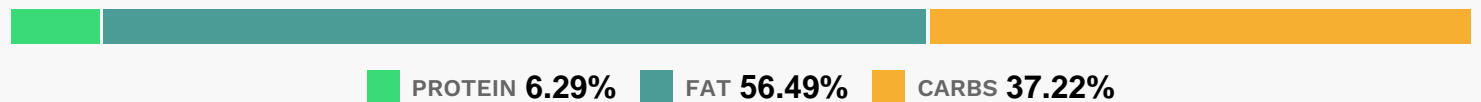
Equipment

- bowl
- frying pan

Directions

- Combine lamb, garlic, juice, cumin and oil in large bowl. Cover; refrigerate. Cook lamb, in batches, in heated oiled frying pan, stirring, until browned all over and cooked as desired.
- Remove from pan. Cover to keep warm. Cook bell peppers and onion, in batches, in same pan, stirring, until just softened.
- Combine ingredients in small bowl; season to taste. More Mexican recipes on Food Republic: Mole Poblano Recipe
- Enchiladas Suizas Recipe With Chicken
- Roberto Santibañez's Migas Recipe

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:7.55, Inflammation Score:-9, Nutrition Score:21.226521829305%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg, Luteolin: 2.51mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 372.25kcal (18.61%), Fat: 24.72g (38.03%), Saturated Fat: 4.1g (25.6%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 28.78g (10.47%), Sugar: 8.34g (9.26%), Cholesterol: 0.73mg (0.24%), Sodium: 235.88mg (10.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin C: 182.82mg (221.6%), Vitamin A: 1956.14IU (39.12%), Fiber: 7.86g (31.45%), Folate: 121.49µg (30.37%), Vitamin B6: 0.6mg (29.92%), Vitamin K: 30.82µg (29.36%), Vitamin E: 4.23mg (28.19%), Manganese: 0.55mg (27.67%), Potassium: 756.66mg (21.62%), Vitamin B1: 0.3mg (20.15%), Vitamin B3: 3.61mg (18.03%), Iron: 2.95mg (16.38%), Phosphorus: 155.26mg (15.53%), Vitamin B2: 0.25mg (14.46%), Copper: 0.27mg (13.53%), Magnesium: 51.89mg (12.97%), Vitamin B5: 1.15mg (11.52%), Selenium: 8.01µg (11.44%), Calcium: 95.1mg (9.51%), Zinc: 0.99mg (6.6%)