



Mixed Fajitas with Peppers and Onions

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup beer
- 2 cups bell pepper green (2 peppers)
- 2 cups bell pepper red (2 peppers)
- 0.5 teaspoon pepper black
- 4 teaspoons chili powder
- 1.3 pounds flank steak
- 12 10-inch flour tortilla ()
- 0.5 cup cilantro leaves fresh minced

- 4 garlic clove minced
- 2 teaspoons ground cumin
- 1 cup juice of lime fresh (6 limes)
- 1 tablespoon olive oil
- 2 cups onion vertically sliced (2 large onions)
- 1 teaspoon oregano dried
- 1 teaspoon salt
- 1.3 pounds chicken breast
- 1.5 cups tomatoes diced seeded (1 large)

Equipment

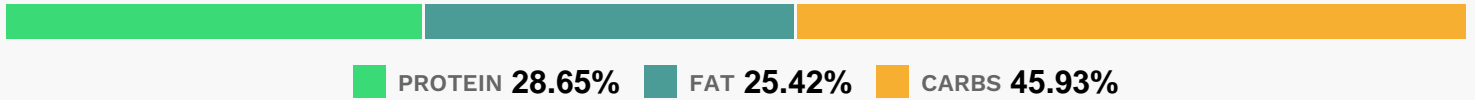
- bowl
- frying pan
- grill
- broiler
- ziploc bags
- broiler pan

Directions

- Trim fat from steak, and score a diamond pattern on both sides of steak.
- Combine juice and next 7 ingredients (juice through garlic) in a small bowl. Divide marinade equally between 2 large zip-top plastic bags, adding steak to 1 bag and chicken to the other. Seal bags, and marinate in refrigerator 6 hours or overnight, turning bags occasionally.
- Remove steak and chicken from bags, discarding marinade.
- Prepare grill or broiler.
- Place steak on a grill rack or broiler pan coated with cooking spray, and cook 10 minutes on each side or until desired degree of doneness.
- Cut steak diagonally across grain into thin slices.
- Place chicken on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until done.

- Cut chicken into thin slices.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion and bell peppers; saut 10 minutes or until onion mixture begins to brown.
- Warm tortillas according to package directions.
- Spoon steak or chicken, onion mixture, tomato, and cilantro down center of each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:12.35, Inflammation Score:-9, Nutrition Score:24.917391427185%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

Nutrients (% of daily need)

Calories: 384.65kcal (19.23%), Fat: 10.73g (16.51%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 39.06g (14.2%), Sugar: 6.28g (6.97%), Cholesterol: 58.59mg (19.53%), Sodium: 805.56mg (35.02%), Alcohol: 0.51g (100%), Alcohol %: 0.22% (100%), Protein: 27.21g (54.42%), Vitamin C: 63.42mg (76.87%), Selenium: 45.24µg (64.63%), Vitamin B3: 11.68mg (58.4%), Vitamin B6: 0.9mg (45.02%), Phosphorus: 373.04mg (37.3%), Vitamin B1: 0.48mg (31.69%), Manganese: 0.54mg (26.9%), Vitamin A: 1299.62IU (25.99%), Folate: 99.48µg (24.87%), Iron: 4.2mg (23.36%), Vitamin B2: 0.35mg (20.86%), Potassium: 659.21mg (18.83%), Fiber: 4.55g (18.2%), Zinc: 2.71mg (18.06%), Vitamin K: 15.14µg (14.42%), Calcium: 140.77mg (14.08%), Magnesium: 53.89mg (13.47%), Vitamin B5: 1.29mg (12.87%), Copper: 0.18mg (9.23%), Vitamin E: 1.34mg (8.96%), Vitamin B12: 0.53µg (8.78%)