



Monterey Chicken Fajitas

READY IN



20 min.

SERVINGS



8

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% 25% canned Regular, or Less Sodium
- ☐ 8 inch fajita size flour tortillas warmed mission®
- ☐ 1 medium bell pepper green cut into 2-inch strips
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 1 medium onion sliced
- ☐ 0.5 cup & chunky salsa thick pace®
- ☐ 1 pound chicken breast boneless skinless cut into strips
- ☐ 2 tablespoons vegetable oil

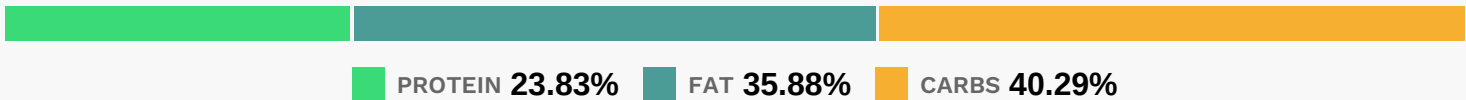
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 10 inch skillet over medium-high heat.
- ☐ Add the chicken and cook and stir until it is well browned.
- ☐ Reduce the heat to medium.
- ☐ Add the pepper and onion. Cook and stir until the vegetables are tender-crisp. Stir in the soup and salsa. Cook until the chicken is cooked through*.
- ☐ Spoon about 1/2 cup of the chicken mixture down the center of each tortilla. Top with the cheese and additional salsa. Fold the tortilla around the filling.

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:11.28, Inflammation Score:-6, Nutrition Score:17.846956374853%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 398kcal (19.9%), Fat: 15.73g (24.19%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 36.42g (13.24%), Sugar: 4.23g (4.7%), Cholesterol: 50.76mg (16.92%), Sodium: 1043.41mg (45.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47.01%), Selenium: 36.02µg (51.45%), Vitamin B3: 9.63mg (48.17%), Phosphorus: 349.19mg (34.92%), Vitamin B6: 0.57mg (28.54%), Vitamin B1: 0.42mg (27.91%), Manganese: 0.52mg (26.22%), Calcium: 221.13mg (22.11%), Vitamin B2: 0.35mg (20.3%), Folate: 78.03µg (19.51%), Iron: 3.27mg (18.15%), Vitamin C: 13.97mg (16.93%), Fiber: 3.31g (13.22%), Vitamin K: 13.6µg (12.95%), Potassium: 444.76mg (12.71%), Vitamin B5: 1.09mg (10.89%), Zinc: 1.62mg (10.79%), Magnesium: 41.92mg (10.48%), Copper: 0.19mg (9.73%), Vitamin A: 258.94IU (5.18%), Vitamin B12: 0.29µg (4.86%), Vitamin E: 0.68mg (4.52%)