



Mushroom fajitas with avocado hummus



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large avocado peeled chopped
- ☐ 400 g chickpeas drained and rinsed canned
- ☐ 1 garlic clove crushed
- ☐ 1 lemon zest
- ☐ 2 tomatoes diced deseeded
- ☐ 1 onion red thick cut into rounds
- ☐ 2 large flat mushrooms thickly sliced
- ☐ 2 tbsp olive oil

- ☐ 2 tsp fajita spice mix
- ☐ 4 tortillas

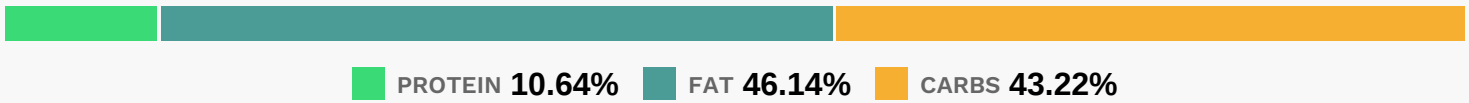
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the avocado, chickpeas, garlic, lemon zest and juice in a food processor and whizz together until it forms a chunky consistency. Spoon into a bowl, season and stir in the tomatoes.
- ☐ Drizzle the onion and mushroom with the oil and sprinkle over the fajita seasoning.
- ☐ Heat a griddle pan over a high heat and cook the onion for 2 mins on each side, then remove from the pan and keep warm. Cook the mushrooms for 2 mins on each side or until softened and turning golden in places.
- ☐ Spread some of the avocado hummus down the middle of each wrap and top with the mushrooms and onions.
- ☐ Add shredded lettuce and a dash of Tabasco, if you like, and wrap up.

Nutrition Facts



Properties

Glycemic Index:123.17, Glycemic Load:20.19, Inflammation Score:-9, Nutrition Score:39.0526089448%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg

Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg
Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 710.07kcal (35.5%), Fat: 38.07g (58.58%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 80.24g (26.75%), Net Carbohydrates: 57.52g (20.92%), Sugar: 9.25g (10.28%), Cholesterol: 0mg (0%), Sodium: 1016.08mg (44.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.5%), Manganese: 2.57mg (128.41%), Fiber: 22.72g (90.88%), Vitamin B6: 1.5mg (75.16%), Vitamin K: 74.46µg (70.91%), Folate: 232.73µg (58.18%), Vitamin C: 36.11mg (43.76%), Iron: 7.7mg (42.75%), Phosphorus: 411.06mg (41.11%), Potassium: 1368.43mg (39.1%), Copper: 0.76mg (38.25%), Vitamin E: 5.68mg (37.88%), Vitamin B1: 0.54mg (35.74%), Magnesium: 131.58mg (32.89%), Vitamin B3: 6.54mg (32.68%), Selenium: 20.65µg (29.5%), Vitamin B2: 0.49mg (28.86%), Calcium: 280.89mg (28.09%), Vitamin B5: 2.68mg (26.78%), Vitamin A: 1287.9IU (25.76%), Zinc: 2.92mg (19.47%)