



No-Mess Steak Fajitas

 Dairy Free

READY IN



57 min.

SERVINGS



5

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons bottled garlic minced
- 1 teaspoon chili powder
- 10 8-inch flour tortillas whole wheat low-fat () (such as La Banderita)
- 3 tablespoons cilantro leaves fresh chopped
- 1 medium bell pepper green halved seeded thinly sliced
- 1 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil

- 1 large onion red halved thinly sliced
- 0.5 teaspoon salt divided
- 1.3 pounds beef top sirloin steaks trimmed cut into thin slices

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- aluminum foil
- ziploc bags

Directions

- Combine first 5 ingredients and 1/4 teaspoon salt in a small bowl, stirring with a whisk; pour into a large zip-top plastic bag.
- Add steak, bell pepper, and onion; seal bag, and marinate in refrigerator at least 6 hours, turning bag occasionally.
- Preheat oven to 45
- Transfer steak mixture to a heavy-duty foil bag that has been coated with cooking spray.
- Roll up bag tightly.
- Place bag on a jelly-roll pan or baking sheet.
- Bake at 450 for 40 minutes.
- To serve, carefully cut a slit in bag.
- Sprinkle steak mixture evenly with remaining 1/4 teaspoon salt and cilantro; toss well. Divide mixture evenly among flour tortillas.
- Serve with fat-free sour cream, if desired.

Nutrition Facts



■ PROTEIN 27.78% ■ FAT 27.64% ■ CARBS 44.58%

Properties

Glycemic Index:27.6, Glycemic Load:16.64, Inflammation Score:-7, Nutrition Score:25.8126088018%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 501.61kcal (25.08%), Fat: 15.19g (23.37%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 55.1g (18.37%), Net Carbohydrates: 50.5g (18.36%), Sugar: 5.45g (6.05%), Cholesterol: 66.9mg (22.3%), Sodium: 1056.22mg (45.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.69%), Selenium: 58.18µg (83.11%), Vitamin B3: 12.07mg (60.37%), Phosphorus: 467.74mg (46.77%), Vitamin B6: 0.89mg (44.48%), Vitamin B1: 0.63mg (42.06%), Zinc: 5.21mg (34.74%), Iron: 6.05mg (33.62%), Manganese: 0.63mg (31.5%), Folate: 118.14µg (29.54%), Vitamin C: 23.29mg (28.22%), Vitamin B2: 0.44mg (26.17%), Calcium: 191.14mg (19.11%), Fiber: 4.6g (18.41%), Potassium: 637.42mg (18.21%), Vitamin B12: 1.07µg (17.77%), Magnesium: 56.21mg (14.05%), Vitamin K: 13.38µg (12.75%), Copper: 0.23mg (11.67%), Vitamin B5: 0.98mg (9.84%), Vitamin E: 1mg (6.67%), Vitamin A: 231.56IU (4.63%)