



Oven-baked sweet potato fajitas

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large sweet potatoes and into
- ☐ 1 onion
- ☐ 2 onion red
- ☐ 1 large bell pepper red deseeded
- ☐ 1 tbsp vegetable oil
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 30 g penzey's southwest seasoning
- ☐ 8 small tortillas

- ☐ 0.5 small cilantro leaves chopped
- ☐ 0.5 small cream low-fat
- ☐ 1 small lettuce shredded
- ☐ 100 g feta crumbled reduced-fat

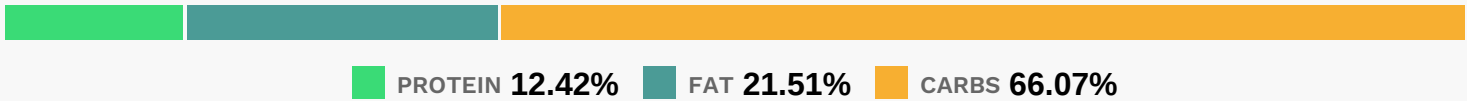
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Chop the veg into chunky wedges and toss in a large bowl with the oil, vinegar and fajita seasoning. Arrange in a single layer on a large baking tray and cook for 40 mins, turning halfway through.
- ☐ Meanwhile, warm the wraps following pack instructions. Once the veg is cooked, sprinkle with coriander, then roll up in the wraps with a dollop of soured cream, some lettuce and crumbled feta on top.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:29.02, Inflammation Score:-10, Nutrition Score:33.670434951782%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 18.14mg, Quercetin: 18.14mg, Quercetin: 18.14mg, Quercetin: 18.14mg

Nutrients (% of daily need)

Calories: 490.02kcal (24.5%), Fat: 12.07g (18.57%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 83.42g (27.81%),
Net Carbohydrates: 69.79g (25.38%), Sugar: 17.35g (19.28%), Cholesterol: 13.47mg (4.49%), Sodium: 773.98mg
(33.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.35%), Vitamin A: 25955.1IU (519.1%),
Vitamin C: 65.21mg (79.04%), Vitamin K: 82.9µg (78.95%), Manganese: 1.37mg (68.37%), Fiber: 13.63g (54.52%),
Folate: 151.06µg (37.77%), Iron: 6.7mg (37.2%), Vitamin B6: 0.72mg (36.09%), Vitamin B1: 0.54mg (36.08%),
Potassium: 1067.93mg (30.51%), Calcium: 295.54mg (29.55%), Phosphorus: 266.2mg (26.62%), Magnesium:
95.17mg (23.79%), Vitamin B2: 0.39mg (22.97%), Vitamin B3: 4.55mg (22.73%), Selenium: 15.28µg (21.83%), Copper:
0.43mg (21.36%), Vitamin E: 2.91mg (19.38%), Vitamin B5: 1.83mg (18.34%), Zinc: 1.4mg (9.32%)