

Pollo Fajitas



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



5

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 1 tablespoon cider vinegar
- ☐ 1 clove garlic minced
- ☐ 1 bell pepper green sliced
- ☐ 0.5 juice of lemon juiced
- ☐ 1 onion thinly sliced
- ☐ 1 dash pepper sauce hot
- ☐ 1.5 pounds chicken thighs boneless skinless cut into strips

- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon worcestershire sauce

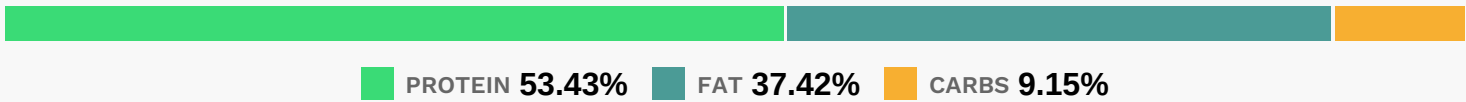
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, combine Worcestershire sauce, vinegar, soy sauce, chili powder, garlic and hot pepper sauce.
- ☐ Place chicken in sauce, and turn once to coat. Marinate for 30 minutes at room temperature, or cover and refrigerate for several hours.
- ☐ Heat oil in a large skillet over high heat.
- ☐ Add chicken strips to the pan, and saute for 5 minutes.
- ☐ Add the onion and green pepper, and saute another 3 minutes.
- ☐ Remove from heat, and sprinkle with lemon juice.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:13.937826073688%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 207.63kcal (10.38%), Fat: 8.45g (12.99%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.03g (2.25%), Cholesterol: 129.27mg (43.09%), Sodium: 375.37mg (16.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.27%), Selenium: 31.08µg (44.4%), Vitamin B3: 7.96mg (39.8%), Vitamin B6: 0.71mg (35.48%), Phosphorus: 274.93mg (27.49%), Vitamin C: 22.57mg (27.36%), Vitamin B5: 1.71mg (17.08%), Vitamin B2: 0.27mg (15.78%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.87µg (14.51%), Potassium: 457.51mg (13.07%), Vitamin K: 11.27µg (10.73%), Vitamin B1: 0.15mg (10.24%), Magnesium: 38.84mg (9.71%), Iron: 1.57mg (8.72%), Manganese: 0.12mg (6.09%), Copper: 0.12mg (5.93%), Vitamin A: 242.71IU (4.85%), Vitamin E: 0.72mg (4.8%), Fiber: 0.97g (3.87%), Folate: 13.65µg (3.41%), Calcium: 26.84mg (2.68%)