



## Portabella Mushroom Fajitas

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon vegetable oil
- 1 clove garlic finely chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 6 cups crimini mushrooms fresh thinly sliced
- 2 cups bell pepper frozen (from 1-lb bag)
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons juice of lime

- 6 10-inch flour tortilla (8 to )
- 1 serving cream sour
- 1 serving salsa chunky-style

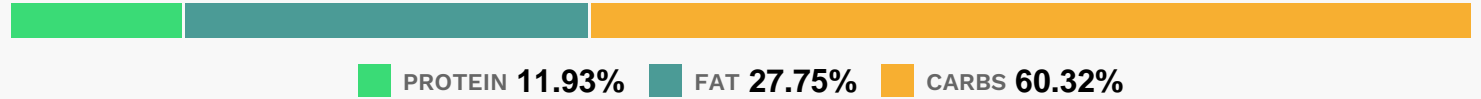
## Equipment

- frying pan

## Directions

- In 10-inch nonstick skillet, heat oil, garlic, cumin and salt over medium-high heat.
- Add mushrooms and bell pepper and onion stir-fry; cook 4 to 6 minutes, stirring frequently, until vegetables are crisp-tender.
- Sprinkle with cilantro and lime juice.
- Spoon about 1/2 cup mushroom mixture onto each tortilla; roll up.
- Serve with guacamole and salsa if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.17, Glycemic Load:11.6, Inflammation Score:-9, Nutrition Score:21.352174073458%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 271.9kcal (13.59%), Fat: 8.56g (13.17%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 37.78g (13.74%), Sugar: 6.3g (7%), Cholesterol: 1.18mg (0.39%), Sodium: 751.96mg (32.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Vitamin C: 65.55mg (79.46%), Selenium: 34.6µg (49.43%), Vitamin B2: 0.6mg (35.35%), Vitamin A: 1644.89IU (32.9%), Vitamin B3: 6.41mg (32.06%), Vitamin B1: 0.45mg (30.29%), Folate: 107.94µg (26.99%), Manganese: 0.53mg (26.68%), Phosphorus: 250.19mg (25.02%),

Copper: 0.45mg (22.62%), Iron: 3.31mg (18.41%), Fiber: 4.11g (16.42%), Potassium: 548.45mg (15.67%), Vitamin B6: 0.29mg (14.29%), Vitamin B5: 1.38mg (13.83%), Vitamin K: 14.02µg (13.35%), Calcium: 127.43mg (12.74%), Zinc: 1.33mg (8.89%), Magnesium: 30.76mg (7.69%), Vitamin E: 1.09mg (7.26%), Vitamin B12: 0.08µg (1.27%)