



Portobello Mushroom Fajitas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper strips green ()
- 0.3 teaspoon pepper black freshly ground
- 12 6-inch flour tortillas ()
- 3 tablespoons cilantro leaves fresh chopped
- 2 garlic cloves minced
- 1 tablespoon juice of lime fresh
- 1 tablespoon olive oil
- 8 ounces portabello mushrooms ()

- 4 ounces queso fresco crumbled
- 1 cup onion red vertically sliced
- 0.8 cup salsa verde
- 0.3 teaspoon salt
- 1 serrano chile minced

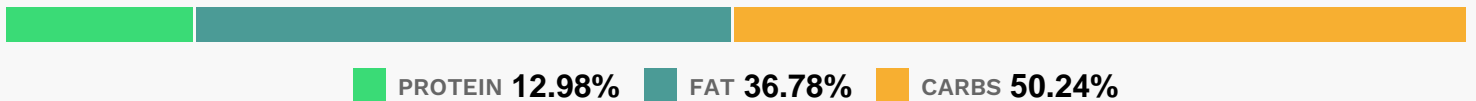
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add mushrooms; saut 5 minutes or until almost tender.
- Add onion, bell pepper, and garlic. Reduce heat to medium, and cook for 4 minutes or until bell pepper is crisp-tender, stirring frequently.
- Remove from heat; stir in cilantro, lime juice, salt, black pepper, and chile.
- Warm tortillas according to package directions. Spoon about 1/4 cup mushroom mixture down center of each tortilla; top each tortilla with 4 teaspoons cheese and 1 tablespoon salsa.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:15.14, Inflammation Score:-8, Nutrition Score:21.149999867315%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.39mg, Quercetin:

9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 450.98kcal (22.55%), Fat: 18.42g (28.34%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 51.27g (18.64%), Sugar: 10.79g (11.99%), Cholesterol: 19.56mg (6.52%), Sodium: 1333.86mg (57.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.25%), Selenium: 36.52µg (52.17%), Vitamin C: 36.87mg (44.69%), Phosphorus: 378.59mg (37.86%), Vitamin B1: 0.54mg (36.19%), Vitamin B3: 6.8mg (34.01%), Manganese: 0.63mg (31.54%), Calcium: 310.77mg (31.08%), Folate: 114.76µg (28.69%), Vitamin B2: 0.4mg (23.64%), Fiber: 5.34g (21.37%), Iron: 3.79mg (21.06%), Potassium: 583.33mg (16.67%), Vitamin B6: 0.32mg (15.92%), Copper: 0.32mg (15.76%), Vitamin A: 668.96IU (13.38%), Vitamin K: 13.15µg (12.52%), Zinc: 1.65mg (11.02%), Vitamin B5: 1mg (10.02%), Magnesium: 35.63mg (8.91%), Vitamin B12: 0.5µg (8.41%), Vitamin D: 0.94µg (6.24%), Vitamin E: 0.79mg (5.3%)