



Quick & Easy Chicken Fajitas

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 8 6-inch flour tortillas warmed ()
- 2 cups vegetables such as onions, broccoli, bell peppers thinly sliced
- 6 Tbsp viva dressing italian divided kraft

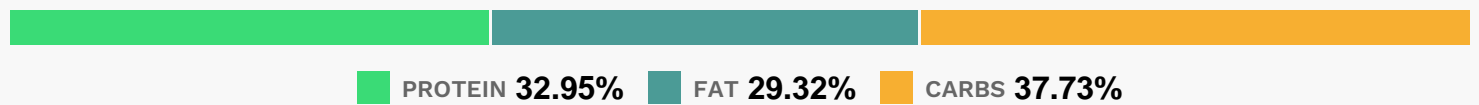
Equipment

- frying pan

Directions

- Cook and stir vegetables in 2 Tbsp. of the dressing in large nonstick skillet 10 minutes or until crisp-tender.
- Add chicken and remaining 4 Tbsp. dressing; cook and stir an additional 5 minutes or until heated through.
- Spoon chicken mixture evenly over tortillas; roll up. Top with your favorite fajita toppings, such as KRAFT Shredded Cheddar Cheese, BREAKSTONE'S or KNUDSEN Sour Cream and sliced pitted black olives.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:10.3, Inflammation Score:-9, Nutrition Score:24.915652267311%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 396.22kcal (19.81%), Fat: 12.71g (19.55%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 33.14g (12.05%), Sugar: 7.74g (8.6%), Cholesterol: 72.29mg (24.1%), Sodium: 726.47mg (31.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.26%), Vitamin C: 95.45mg (115.69%), Vitamin B3: 15.07mg (75.36%), Selenium: 37.37µg (53.38%), Vitamin A: 2358.39IU (47.17%), Vitamin B6: 0.78mg (38.83%), Phosphorus: 340.19mg (34.02%), Vitamin B1: 0.41mg (27.06%), Folate: 94.07µg (23.52%), Manganese: 0.4mg (20.06%), Vitamin K: 20.57µg (19.59%), Vitamin B2: 0.33mg (19.38%), Iron: 3.44mg (19.11%), Fiber: 3.66g (14.66%), Potassium: 468.44mg (13.38%), Vitamin E: 1.89mg (12.6%), Magnesium: 47.91mg (11.98%), Vitamin B5: 1.16mg (11.55%), Calcium: 108.44mg (10.84%), Zinc: 1.37mg (9.13%), Copper: 0.12mg (6.05%), Vitamin B12: 0.29µg (4.82%)