



Quick Roasted-Vegetable Fajitas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bell pepper strips red
- ☐ 8 8-inch flour tortillas ()
- ☐ 2 cups lettuce shredded
- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 4 teaspoons olive oil
- ☐ 1.5 cups onion red vertically sliced
- ☐ 16 ounce refried beans fat-free canned
- ☐ 0.5 cup bottled salsa

- ☐ 2 cups julienne-cut squash yellow
- ☐ 1 cup tomatoes chopped
- ☐ 3 tablespoons vegetable soup and dip mix (such as Lipton Recipe Secrets)
- ☐ 2.5 cups julienne-cut zucchini

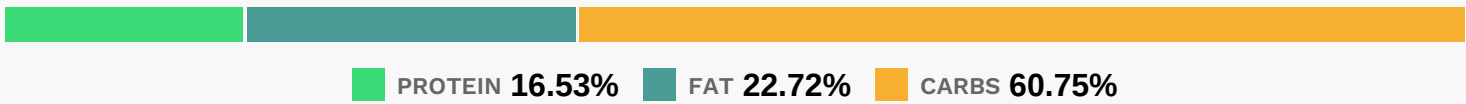
Equipment

- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 450
- ☐ Place first 4 ingredients in a large zip-top plastic bag.
- ☐ Add vegetable soup mix and oil to bag; seal and shake to coat.
- ☐ Remove vegetable mixture from bag; place in a 13 x 9-inch baking dish.
- ☐ Bake at 450 for 20 minutes, stirring once.
- ☐ Heat tortillas and beans according to package directions.
- ☐ Spread 3 tablespoons beans over each tortilla, and top with 1/2 cup vegetable mixture and 1/4 cup lettuce.
- ☐ Sprinkle each serving with 2 tablespoons cheese, 2 tablespoons tomato, and 1 tablespoon salsa.
- ☐ Roll up.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:11.16, Inflammation Score:-10, Nutrition Score:21.662608746601%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 294.41kcal (14.72%), Fat: 7.49g (11.52%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 37.55g (13.65%), Sugar: 9.42g (10.47%), Cholesterol: 2.98mg (0.99%), Sodium: 907.3mg (39.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.52%), Vitamin A: 5646.38IU (112.93%), Vitamin C: 68.13mg (82.58%), Fiber: 7.5g (30%), Manganese: 0.55mg (27.41%), Folate: 101.36µg (25.34%), Vitamin B1: 0.37mg (24.75%), Phosphorus: 234.87mg (23.49%), Selenium: 14.05µg (20.08%), Calcium: 195.56mg (19.56%), Iron: 3.29mg (18.27%), Vitamin B3: 3.64mg (18.2%), Vitamin B6: 0.35mg (17.72%), Vitamin B2: 0.28mg (16.25%), Potassium: 543.06mg (15.52%), Vitamin K: 15.45µg (14.71%), Vitamin E: 1.77mg (11.82%), Magnesium: 46.91mg (11.73%), Copper: 0.15mg (7.55%), Zinc: 0.96mg (6.43%), Vitamin B5: 0.56mg (5.58%), Vitamin B12: 0.07µg (1.16%)