



Rib-Eye Fajitas on the Grill

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 anaheim chili
- ☐ 6 cloves garlic crushed
- ☐ 8 servings guacamole for accompaniment
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed (1 medium lemon)
- ☐ 3 tablespoons juice of lime freshly squeezed ()
- ☐ 8 servings turtle beans for accompaniment
- ☐ 1 poblano pepper

- ☐ 1.5 cups red wine
- ☐ 5 pounds beef rib steak boneless
- ☐ 8 servings cream sour for accompaniment
- ☐ 3 tablespoons soya sauce
- ☐ 12 tortillas (flour or corn)
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons worcestershire sauce
- ☐ 8 bell pepper green red yellow (2 plus 6 in any assortment of , , or orange)
- ☐ 2 large onion yellow 2-inch-thick cut in slices

Equipment

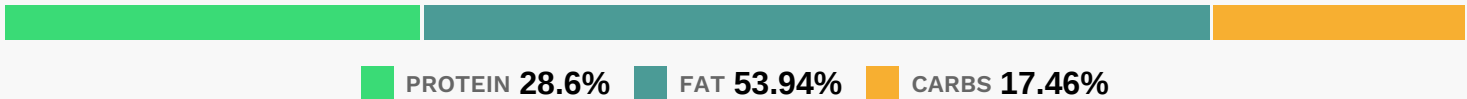
- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ measuring cup
- ☐ tongs

Directions

- ☐ In a large (4-cup) measuring cup, combine the soy sauce, lime juice, Worcestershire sauce, garlic, wine, and vegetable oil to make the marinade.
- ☐ Put the steaks in a large, heavy-duty, self-sealing plastic bag, pour in the marinade, seal, and refrigerate for at least 4 hours or overnight.
- ☐ Preheat an outdoor grill; preheat the oven to 250°F. Grill the chiles and bell peppers whole until they blister and brown, turning with tongs every few minutes to ensure they roast on all sides; remove from the heat. Core and seed them, slice them lengthwise into 1/2-inch strips, and sprinkle them with lemon juice and a pinch of salt. Wrap them in aluminum foil and keep them warm in the oven until ready to serve. Wrap the tortillas in foil and put in the oven to warm with the peppers.

- ☐ Remove the steaks from the marinade, drain, and grill according to your preference. Grill the onion slices along with the steak, about 5 minutes per side.
- ☐ To serve, slice the steaks thinly; arrange on a large platter with the grilled sliced onion and the chiles and peppers. Alongside the platter, set out the warm tortillas and bowls of sour cream and guacamole. Beans à la Charra, served in small bowls, is another classic fajita accompaniment.
- ☐ Variation
- ☐ Substitute boneless, skinless chicken breasts or shrimp for the beef. Marinate the chicken according to the directions above. For the shrimp, skip the marinade and just rub them with a little kosher salt and pepper before grilling.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Bakery and Café since 199

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:8.64, Inflammation Score:-9, Nutrition Score:41.629130741824%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 6.33mg, Luteolin: 6.33mg, Luteolin: 6.33mg, Luteolin: 6.33mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 915.44kcal (45.77%), Fat: 53.27g (81.95%), Saturated Fat: 21.52g (134.48%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 33.15g (12.05%), Sugar: 9.06g (10.07%), Cholesterol: 180.01mg (60%), Sodium: 1048.33mg (45.58%), Alcohol: 4.77g (100%), Alcohol %: 0.98% (100%), Protein: 63.55g (127.1%), Vitamin C: 118.86mg (144.07%), Selenium: 80.35µg (114.78%), Zinc: 15.21mg (101.37%), Vitamin B3: 17.02mg (85.11%), Vitamin B6: 1.58mg (79.05%), Vitamin B12: 4.73µg (78.85%), Phosphorus: 576.08mg (57.61%), Vitamin B2: 0.91mg (53.52%), Iron: 7.82mg (43.45%), Vitamin B1: 0.59mg (39.33%), Potassium: 1268.92mg (36.25%), Vitamin K: 30.78µg (29.32%), Manganese: 0.57mg (28.45%), Magnesium: 98.5mg (24.62%), Fiber: 5.63g (22.52%), Copper: 0.41mg (20.57%), Folate: 77.4µg (19.35%), Calcium: 137.11mg (13.71%), Vitamin A: 624.01IU (12.48%), Vitamin E: 1.15mg (7.68%), Vitamin B5: 0.37mg (3.71%), Vitamin D: 0.28µg (1.89%)