



Saute Express® Saute Starter Chicken Fajitas

READY IN



30 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 and/or bell peppers green red cut into strips
- ☐ 1 cup refried black beans
- ☐ 8 8-inch flour tortillas warmed ()
- ☐ 3 squares garlic & saute starter herb saute express®
- ☐ 1 small onion cut into strips
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 pound chicken breasts boneless skinless

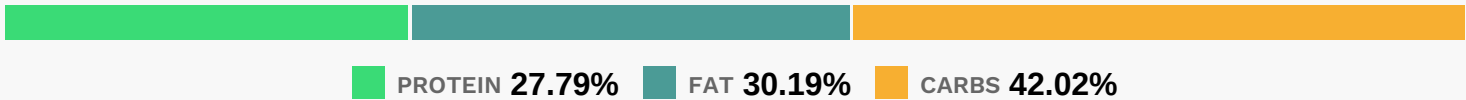
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Melt 2
- ☐ Saute Express® squares in 10-inch nonstick skillet over medium-low heat just until bubbles begin to form.
- ☐ Add chicken.
- ☐ Saute 13-18 minutes or until chicken is golden brown on both sides and done (165 degrees F).
- ☐ Remove from skillet.
- ☐ Cut into thin strips.
- ☐ Melt remaining 1
- ☐ Saute Express® square in skillet.
- ☐ Add bell peppers and onion. Cook 5-7 minutes or until softened.
- ☐ Heat refried beans in microwave until warm.
- ☐ Spread over tortillas.
- ☐ Top each tortilla with chicken, pepper mixture, cheese and additional toppings.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:18.65, Inflammation Score:-8, Nutrition Score:33.745217183362%

Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 633.43kcal (31.67%), Fat: 21.05g (32.38%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 65.92g (21.97%), Net Carbohydrates: 57.28g (20.83%), Sugar: 6.05g (6.73%), Cholesterol: 100.82mg (33.61%), Sodium: 1070.06mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.58g (87.16%), Selenium: 67.74µg (96.77%), Vitamin B3: 16.88mg (84.39%), Phosphorus: 655.96mg (65.6%), Vitamin C: 50.73mg (61.49%), Vitamin B6: 1.12mg (56.11%), Vitamin B1: 0.74mg (49.48%), Folate: 179.72µg (44.93%), Manganese: 0.82mg (41.12%), Calcium: 377.26mg (37.73%), Fiber: 8.64g (34.54%), Vitamin B2: 0.57mg (33.72%), Iron: 5.32mg (29.57%), Potassium: 854.16mg (24.4%), Magnesium: 97.54mg (24.38%), Vitamin B5: 2.09mg (20.89%), Zinc: 2.83mg (18.88%), Copper: 0.28mg (14.21%), Vitamin K: 12.73µg (12.13%), Vitamin A: 540.23IU (10.8%), Vitamin B12: 0.53µg (8.77%), Vitamin E: 0.65mg (4.34%), Vitamin D: 0.28µg (1.89%)