



Simple Chicken Fajitas

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 curly kale leaves
- 2 6-inch flour tortillas ()
- 1 tablespoon juice of lemon
- 2 teaspoons olive oil
- 0.5 teaspoon oregano dried
- 2 tablespoons salsa
- 8 ounce skinned

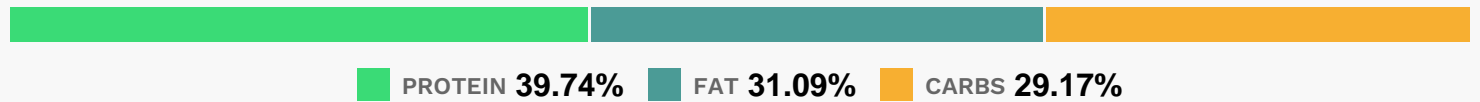
Equipment

- frying pan
- oven
- toaster

Directions

- Combine first 4 ingredients in a shallow dish.
- Add chicken, turning to coat. Cover and marinate in refrigerator 1 to 8 hours, turning chicken occasionally.
- Place drip tray on toaster oven pan.
- Remove chicken from dish; discard marinade.
- Place chicken on drip tray; broil 10 minutes on each side or until chicken is done. Divide chicken, lettuce, and salsa evenly between tortillas; roll up.
- Garnish with onions and oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:6.05, Inflammation Score:-8, Nutrition Score:17.716086802275%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 280.3kcal (14.02%), Fat: 9.43g (14.5%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 18.14g (6.6%), Sugar: 4.44g (4.93%), Cholesterol: 72.57mg (24.19%), Sodium: 465.32mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.22%), Vitamin B3: 13.42mg (67.09%), Selenium: 43.24µg (61.77%), Vitamin B6: 0.92mg (45.85%), Phosphorus: 313.64mg (31.36%), Vitamin K: 26.85µg (25.57%),

Vitamin A: 1193.5IU (23.87%), Vitamin B5: 1.73mg (17.31%), Vitamin B1: 0.24mg (16.13%), Potassium: 558.47mg (15.96%), Manganese: 0.27mg (13.32%), Vitamin B2: 0.22mg (12.85%), Iron: 2.03mg (11.27%), Magnesium: 44.09mg (11.02%), Folate: 41.57µg (10.39%), Vitamin E: 1.12mg (7.47%), Calcium: 71.96mg (7.2%), Vitamin C: 5.91mg (7.17%), Fiber: 1.76g (7.05%), Zinc: 0.9mg (6.03%), Copper: 0.08mg (4.25%), Vitamin B12: 0.23µg (3.78%)