



Sizzling Chicken Fajitas

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper strips green (1 medium)
- ☐ 1 cup bell pepper strips red (1 medium)
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 6 8-inch flour tortillas fat-free ()
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 1 cup onion red vertically sliced
- ☐ 0.8 cup bottled salsa

- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 0.8 cup cup heavy whipping cream fat-free sour
- ☐ 0.3 cup water
- ☐ 0.3 cup vinegar white

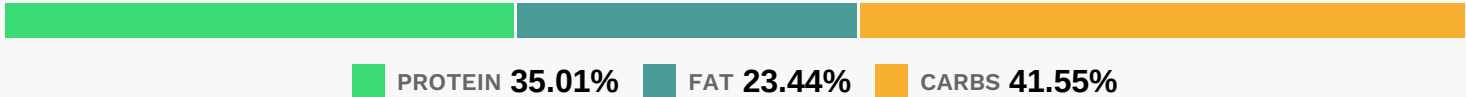
Equipment

- ☐ frying pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients; reserve 1/4 cup marinade.
- ☐ Combine remaining marinade and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 3 hours, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray, and cover and grill 10 minutes on each side or until done.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell peppers and onion; sprinkle with seasoned salt. Saut 4 minutes or until tender.
- ☐ Add reserved 1/4 cup marinade, and cook 2 minutes.
- ☐ Cut chicken into thin slices; add to vegetable mixture.
- ☐ Place a 10-inch cast-iron skillet, upside down, over high heat for 1 1/2 minutes. Turn pan over, and add chicken mixture. Warm tortillas according to package directions.
- ☐ Serve chicken mixture immediately with warm tortillas, salsa, and sour cream.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:8.91, Inflammation Score:-8, Nutrition Score:25.473043120426%

Flavonoids

Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 374.04kcal (18.7%), Fat: 9.62g (14.8%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 34.4g (12.51%), Sugar: 6.13g (6.81%), Cholesterol: 75.16mg (25.05%), Sodium: 1917.06mg (83.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.64%), Vitamin B3: 15.1mg (75.52%), Selenium: 49.85µg (71.21%), Vitamin C: 55.71mg (67.52%), Vitamin B6: 1.14mg (56.93%), Phosphorus: 436.56mg (43.66%), Vitamin B1: 0.4mg (26.73%), Manganese: 0.51mg (25.45%), Vitamin B2: 0.4mg (23.37%), Potassium: 816.81mg (23.34%), Vitamin A: 1133.74IU (22.67%), Folate: 85.33µg (21.33%), Vitamin B5: 1.97mg (19.71%), Magnesium: 71.77mg (17.94%), Iron: 2.96mg (16.47%), Fiber: 3.95g (15.79%), Calcium: 143.85mg (14.38%), Vitamin E: 1.6mg (10.66%), Vitamin K: 10.23µg (9.74%), Zinc: 1.45mg (9.69%), Copper: 0.16mg (7.79%), Vitamin B12: 0.31µg (5.22%)