



Sizzling Steak Fajitas

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

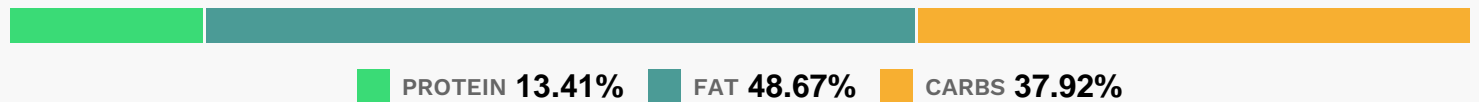
- 4 flour tortillas
- 1 tablespoon juice of lime
- 2 cups fajita vegetable mix
- 2 teaspoons vegetable oil
- 8 oz meal veggie steak strips morningstar farms®

Equipment

Directions

- In large nonstick frypan coated with cooking spray, cook and stir steak strips over medium-high heat for 2 to 3 minutes or until hot.
- Remove from frypan.
- Add oil to frypan.
- Add vegetables. Cook and stir for 1 to 2 minutes or until crisp-tender. Stir in steak strips.
- Remove from heat.
- Sprinkle with lemon juice. Spoon onto tortillas. Wrap up.
- Serve immediately with salsa, sour cream and/or cheese. *NOTE: Substitute 1 cup broccoli flowerets, 1/2 cup sliced yellow, green and/or red bell pepper and 1/2 cup sliced red onion for fajita vegetable mix. , , 2009 Kellogg NA Co Morningstar Farms Recipes are the property of the Kellogg Company.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:8.56, Inflammation Score:-10, Nutrition Score:21.126956576886%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 366.93kcal (18.35%), Fat: 20.21g (31.09%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 27.84g (10.12%), Sugar: 1.66g (1.85%), Cholesterol: 1.13mg (0.38%), Sodium: 1093.11mg (47.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.07%), Vitamin B1: 5.99mg (399.29%), Vitamin A: 4621.21IU (92.42%), Vitamin B3: 7.46mg (37.29%), Vitamin B12: 1.93µg (32.13%), Fiber: 7.59g (30.37%), Phosphorus: 277.38mg (27.74%), Vitamin B2: 0.39mg (22.9%), Iron: 4mg (22.21%), Vitamin B6: 0.39mg (19.51%), Manganese: 0.37mg (18.53%), Folate: 55.34µg (13.84%), Vitamin C: 10.92mg (13.23%), Selenium: 7.06µg (10.08%), Calcium: 90.59mg (9.06%), Potassium: 289.28mg (8.27%), Magnesium: 28.67mg (7.17%), Zinc: 0.91mg (6.07%), Vitamin K: 6.3µg (6%), Copper: 0.12mg (5.82%), Vitamin B5: 0.2mg (2.02%), Vitamin E: 0.19mg (1.26%)