



Slow Cooker Fajitas

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced green drained canned
- ☐ 1 teaspoon chili powder
- ☐ 6 servings toppings: cheddar cheese and cream shredded sour
- ☐ 1.5 pounds flank steak cut into 6 pieces
- ☐ 6 servings flour tortillas
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 1 bell pepper green sliced
- ☐ 1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 1 medium onion chopped
- ☐ 0.8 teaspoon salt

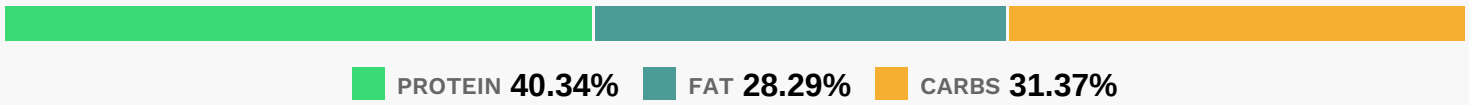
Equipment

- ☐ slow cooker

Directions

- ☐ Place steak in the bottom of a 5-quart slow cooker; top with onion and next 9 ingredients.
- ☐ Cook, covered, on LOW 8 to 10 hours (or on HIGH 4 to 5 hours).
- ☐ Remove meat, and shred with a fork.
- ☐ Serve with tortillas and desired toppings.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:6.23, Inflammation Score:-6, Nutrition Score:19.284782637721%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 282.44kcal (14.12%), Fat: 8.79g (13.52%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 18.96g (6.89%), Sugar: 4.62g (5.13%), Cholesterol: 69.05mg (23.02%), Sodium: 644.84mg (28.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.4%), Selenium: 40.93µg (58.47%), Vitamin B3: 9.18mg (45.9%), Vitamin B6: 0.87mg (43.62%), Phosphorus: 322.53mg (32.25%), Zinc: 4.75mg (31.69%), Vitamin C: 24.84mg (30.12%), Iron: 3.92mg (21.76%), Vitamin B1: 0.29mg (19.64%), Potassium: 652.31mg (18.64%), Vitamin B12: 1.03µg (17.24%), Manganese: 0.34mg (16.91%), Vitamin B2: 0.26mg (15.32%), Folate: 55.47µg (13.87%), Magnesium: 48.35mg (12.09%), Fiber: 2.98g (11.9%), Copper: 0.23mg (11.74%), Calcium: 99.73mg (9.97%), Vitamin

B5: 0.96mg (9.59%), Vitamin K: 8.61µg (8.2%), Vitamin E: 1.23mg (8.2%), Vitamin A: 321.57IU (6.43%)