



 **50%**  
HEALTH SCORE

## Slow Cooker Steak Fajitas

 Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds flank steak
- 14 ounces tomatoes diced with garlic and onion, undrained canned
- 1 jalapeno seeded chopped
- 2 garlic clove minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 0.5 teaspoon salt

- 1 medium onion sliced
- 1 medium bell pepper green julienned
- 1 medium bell pepper sweet red julienned
- 1 tablespoon cilantro leaves fresh minced
- 12 6-inch flour tortilla warmed (es)
- 1 leaves cilantro leaves fresh sour

## Equipment

- slotted spoon
- slow cooker

## Directions

- Thinly slice steak across the grain into strips; place in a 5-qt. slow cooker.
- Add the tomatoes, jalapeno, garlic, coriander, cumin, chili powder and salt. Cook, covered, on low for 7 hours.
- Add the onion, peppers and cilantro. Cook, covered, until meat is tender, 1-2 hours.
- Using a slotted spoon, spoon about 1/2 cup meat mixture down the center of each tortilla. Fold bottom of tortilla over filling and roll up.
- Serve with toppings as desired.

## Nutrition Facts

**PROTEIN 33.17%** **FAT 26.53%** **CARBS 40.3%**

## Properties

Glycemic Index:39, Glycemic Load:10.18, Inflammation Score:-8, Nutrition Score:24.916956777158%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

## Nutrients (% of daily need)

Calories: 372.06kcal (18.6%), Fat: 10.86g (16.7%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 32.89g (11.96%), Sugar: 6.03g (6.7%), Cholesterol: 68.04mg (22.68%), Sodium: 798.7mg (34.73%), Alcohol: 0g (100%), Protein: 30.54g (61.08%), Selenium: 47.34µg (67.62%), Vitamin C: 52.08mg (63.13%), Vitamin B3: 10.6mg (52.98%), Vitamin B6: 0.95mg (47.5%), Phosphorus: 385.95mg (38.59%), Zinc: 4.92mg (32.82%), Vitamin B1: 0.45mg (30.03%), Iron: 5.12mg (28.44%), Manganese: 0.47mg (23.67%), Folate: 91.96µg (22.99%), Vitamin B2: 0.37mg (21.86%), Potassium: 717.11mg (20.49%), Vitamin A: 916.18IU (18.32%), Vitamin B12: 1.03µg (17.2%), Fiber: 4.21g (16.84%), Calcium: 148.44mg (14.84%), Magnesium: 55.1mg (13.78%), Copper: 0.23mg (11.43%), Vitamin K: 11.65µg (11.1%), Vitamin B5: 1.01mg (10.14%), Vitamin E: 1.4mg (9.32%)