

Sombrero Fajitas

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bacon
- ☐ 3 pounds beef skirt steak
- ☐ 1 bell pepper chopped
- ☐ 0.5 bunch cilantro leaves chopped
- ☐ 3 teaspoons garlic powder
- ☐ 10 ounces monterrey jack cheese shredded
- ☐ 1 onion chopped
- ☐ 3 teaspoons fajita seasoning

☐ 1 large tomatoes chopped

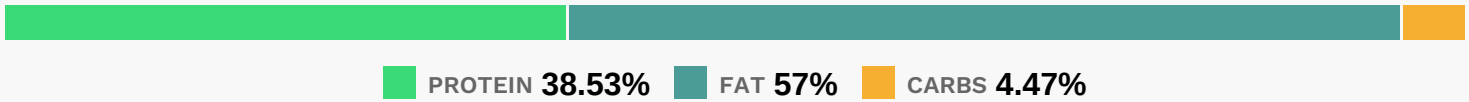
Equipment

☐ frying pan

Directions

- ☐ Rub steaks with garlic powder and fajita seasoning, and cut into 1 1/2-inch strips. Set aside.
- ☐ In a large skillet over medium heat, cook bacon until just crisp and brown. Stir chopped onion, bell pepper, and cilantro into the skillet with the bacon.
- ☐ Add steak strips, and cook, stirring frequently, about 7 minutes. Stir in tomatoes, heat through; remove from heat, and top with Monterey Jack cheese.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:28.009130654128%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 506.37kcal (25.32%), Fat: 32.27g (49.64%), Saturated Fat: 14.45g (90.31%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.09g (2.32%), Cholesterol: 153.22mg (51.07%), Sodium: 474.18mg (20.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.08g (98.16%), Zinc: 12.46mg (83.08%), Selenium: 47.42µg (67.75%), Vitamin B12: 4.03µg (67.12%), Vitamin B3: 10.97mg (54.84%), Phosphorus: 471.92mg (47.19%), Vitamin B6: 0.94mg (47.15%), Vitamin B2: 0.73mg (43.13%), Calcium: 312.89mg (31.29%), Vitamin C: 23.37mg (28.32%), Iron: 4.25mg (23.59%), Potassium: 713.64mg (20.39%), Vitamin A: 1014.96IU (20.3%), Vitamin K: 19.06µg (18.16%), Manganese: 0.31mg (15.66%), Magnesium: 61.28mg (15.32%), Vitamin B1: 0.2mg (13.29%), Vitamin B5: 1.3mg (12.96%), Copper: 0.2mg (10.09%), Folate: 29.57µg (7.39%), Vitamin E: 1.08mg (7.17%), Fiber: 1.72g (6.88%), Vitamin D: 0.47µg (3.14%)