



Spicy Chicken Fajitas

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



2508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bell pepper strips red
- ☐ 2 cups onion vertically sliced
- ☐ 0.5 cup salsa fresh
- ☐ 2 teaspoons fajita seasoning (such as McCormick)
- ☐ 1 pound chicken thighs boneless skinless
- ☐ 28 2-inch tortillas fat-free whole wheat 96%

Equipment

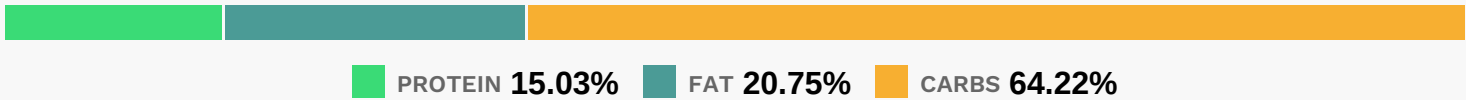
- ☐ bowl

☐ frying pan

Directions

- ☐ Cut chicken into 1/2-inch-wide strips.
- ☐ Place chicken in a small bowl; sprinkle with fajita seasoning, tossing to coat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken and onion; stir-fry 3 minutes.
- ☐ Add bell pepper; stir-fry 5 minutes or until chicken is done.
- ☐ Place 1 tortilla on each of 4 plates. Top each evenly with chicken mixture and salsa. Top with avocado and cilantro, if desired. Fold tortillas over filling, and top with sour cream, if desired.
- ☐ Serve immediately.
- ☐ Serve with: Chili-Dusted Mango

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:34.169999827509%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg

Nutrients (% of daily need)

Calories: 2508.49kcal (125.42%), Fat: 58.28g (89.66%), Saturated Fat: 19.01g (118.79%), Carbohydrates: 405.92g (135.31%), Net Carbohydrates: 348.21g (126.62%), Sugar: 43.29g (48.1%), Cholesterol: 107.73mg (35.91%), Sodium: 5284.48mg (229.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 95.01g (190.02%), Fiber: 57.7g (230.81%), Calcium: 1500.88mg (150.09%), Vitamin C: 101.95mg (123.58%), Iron: 21.59mg (119.95%), Vitamin A: 2559.33IU (51.19%), Vitamin B6: 0.9mg (45.02%), Vitamin B3: 7.63mg (38.17%), Selenium: 26.51µg (37.87%), Phosphorus: 268.67mg (26.87%), Vitamin K: 23.95µg (22.81%), Potassium: 666.72mg (19.05%), Manganese: 0.36mg (18.22%), Vitamin B2: 0.31mg (18.18%), Vitamin B5: 1.78mg (17.84%), Folate: 61.15µg (15.29%), Vitamin E: 2.24mg (14.96%), Zinc: 2.18mg (14.51%), Magnesium: 54.55mg (13.64%), Vitamin B1: 0.19mg (12.99%), Vitamin B12: 0.73µg (12.1%), Copper:

0.14mg (7.2%)