



## Spicy Flank Steak Fajitas

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup bull's-eye original barbecue sauce
- 1.5 lb beef flank steak
- 6 6-inch flour tortillas warmed ()
- 1 medium onion cut into 1/2-inch-thick slices
- 1 tsp each: pepper red crushed
- 1 medium bell pepper green red cut lengthwise into quarters

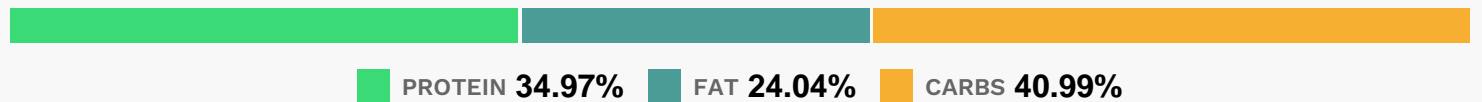
### Equipment

- grill

## Directions

- Preheat grill to medium-high heat.
- Mix seasonings; rub evenly onto both sides of steak.
- Grill steak 5 min. on each side. Continue grilling 10 to 15 min. or until medium doneness (160F), turning and brushing occasionally with some of the barbecue sauce. Meanwhile, grill vegetables 4 to 5 min. on each side, brushing occasionally with the remaining barbecue sauce.
- Cut steak across the grain into thin slices.
- Cut peppers and onions into thin slices.
- Place meat and vegetables evenly down centers of tortillas; roll up to enclose filling.

## Nutrition Facts



## Properties

Glycemic Index:2.37, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:3.4308695534001%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 64.18kcal (3.21%), Fat: 1.68g (2.58%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 6.01g (2.19%), Sugar: 2.85g (3.17%), Cholesterol: 13.61mg (4.54%), Sodium: 131.18mg (5.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Selenium: 8.15µg (11.65%), Vitamin B3: 1.75mg (8.76%), Vitamin B6: 0.16mg (8.04%), Zinc: 0.93mg (6.18%), Phosphorus: 61.66mg (6.17%), Vitamin C: 3.5mg (4.25%), Iron: 0.65mg (3.59%), Vitamin B1: 0.05mg (3.48%), Vitamin B12: 0.21µg (3.44%), Potassium: 115.02mg (3.29%), Vitamin B2: 0.05mg (2.93%), Manganese: 0.05mg (2.59%), Folate: 9.84µg (2.46%), Magnesium: 8.1mg (2.03%), Vitamin B5: 0.17mg (1.73%), Calcium: 17.34mg (1.73%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.63%), Vitamin K: 1.21µg (1.15%), Vitamin E: 0.16mg (1.09%), Vitamin A: 50.53IU (1.01%)