



HEALTH SCORE

100%

## Steak Fajitas



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 lb beef sirloin steak boneless cut into strips
- 2 large chipotle peppers in adobo sauce canned finely chopped
- 0.5 cup knudsen cream sour
- 12 8-inch flour tortillas warmed ()
- 2 pasilla peppers green cut into strips
- 0.7 cup a.1. original sauce
- 2 Tbsp juice of lime fresh
- 2 Tbsp oil divided

- 1 large onion halved sliced
- 2 pasilla peppers red cut into strips

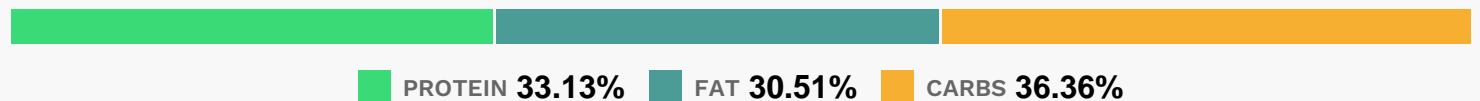
## Equipment

- bowl
- frying pan

## Directions

- Mix steak sauce and chipotle peppers in large bowl.
- Add meat; toss to evenly coat with sauce. Refrigerate 30 min. to marinate. Meanwhile, mix sour cream and lime juice. Refrigerate until ready to use.
- Remove meat from marinade; discard marinade.
- Heat 1 Tbsp. oil in large skillet on medium-high heat.
- Add meat, in batches; cook and stir 3 min. or until evenly browned.
- Remove from skillet; cover to keep warm.
- Add remaining oil, green peppers, red peppers and onions to skillet; cook and stir 3 to 4 min. or until vegetable are crisp-tender.
- Return meat to skillet; stir. Cook 5 min. or until heated through, stirring occasionally. Spoon down centers of tortillas; top with sour cream mixture.
- Roll up.

## Nutrition Facts



## Properties

Glycemic Index:103, Glycemic Load:102.3, Inflammation Score:-10, Nutrition Score:90.913912897525%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 12.69mg, Luteolin: 12.69mg, Luteolin: 12.69mg, Luteolin: 12.69mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg

Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 36.41mg, Quercetin: 36.41mg, Quercetin: 36.41mg, Quercetin: 36.41mg

## Nutrients (% of daily need)

Calories: 4465.53kcal (223.28%), Fat: 148.83g (228.97%), Saturated Fat: 49.68g (310.47%), Carbohydrates: 399.22g (133.07%), Net Carbohydrates: 363.09g (132.03%), Sugar: 87.64g (97.37%), Cholesterol: 870.71mg (290.24%), Sodium: 7218.27mg (313.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 363.63g (727.27%), Selenium: 560.87µg (801.24%), Vitamin C: 517.13mg (626.82%), Vitamin B3: 118.88mg (594.38%), Vitamin B6: 10.37mg (518.55%), Phosphorus: 4376.54mg (437.65%), Zinc: 59.24mg (394.92%), Vitamin B1: 4.46mg (297.51%), Iron: 47.1mg (261.66%), Folate: 923.86µg (230.97%), Vitamin B2: 3.87mg (227.41%), Vitamin B12: 13.03µg (217.21%), Potassium: 6939.5mg (198.27%), Manganese: 3.94mg (197.07%), Vitamin A: 9068.33IU (181.37%), Fiber: 36.13g (144.54%), Calcium: 1388.2mg (138.82%), Magnesium: 528.88mg (132.22%), Vitamin B5: 11.5mg (115.01%), Vitamin K: 110.78µg (105.5%), Copper: 1.97mg (98.46%), Vitamin E: 13.88mg (92.56%)