

Steak Fajitas

 Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 12-inch flour tortillas ()
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 bell pepper green julienned
- ☐ 0.5 tablespoon ground pepper black
- ☐ 2 lemons quartered
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 large onion cut into thin strips
- ☐ 4 servings salt and pepper to taste

- ☐ 1 pound fat-trimmed beef flank steak lean cut into strips
- ☐ 2 tablespoons vegetable oil

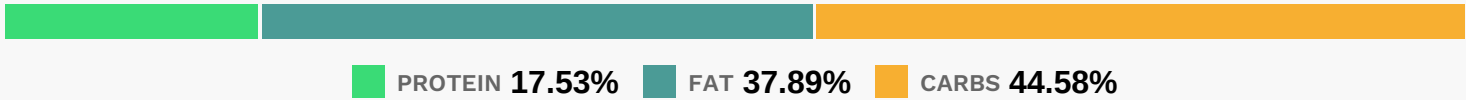
Equipment

- ☐ frying pan

Directions

- ☐ Combine the lime juice, ground pepper and cilantro in a shallow dish.
- ☐ Place steak strips into the marinade and refrigerate for two to four hours.
- ☐ Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat.
- ☐ Add steak strips, and fry until cooked to your liking.
- ☐ Remove meat and set aside.
- ☐ Add remaining oil and onions to the skillet. Cook over medium low heat, until translucent, stir in green peppers and steak. Squeeze the juice of 1 lemon over the top and stir. When the green bell peppers are just tender remove the pan from the heat. Season with salt and pepper to taste.
- ☐ Serve the steak fajitas with tortillas and lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:28.54, Inflammation Score:-8, Nutrition Score:36.324347775915%

Flavonoids

Eriodictyol: 12.2mg, Eriodictyol: 12.2mg, Eriodictyol: 12.2mg, Eriodictyol: 12.2mg Hesperetin: 17.78mg, Hesperetin: 17.78mg, Hesperetin: 17.78mg, Hesperetin: 17.78mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg, Quercetin: 9.09mg

Nutrients (% of daily need)

Calories: 865.32kcal (43.27%), Fat: 36.79g (56.61%), Saturated Fat: 13.23g (82.69%), Carbohydrates: 97.42g (32.47%), Net Carbohydrates: 88.47g (32.17%), Sugar: 10.52g (11.68%), Cholesterol: 69.17mg (23.06%), Sodium: 1515.59mg (65.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.31g (76.61%), Selenium: 66.27µg (94.68%), Vitamin C: 64.42mg (78.08%), Vitamin B1: 1.02mg (68.28%), Vitamin B3: 13.4mg (67.02%), Phosphorus: 546.49mg (54.65%), Manganese: 1.05mg (52.38%), Iron: 8.77mg (48.7%), Vitamin B2: 0.79mg (46.39%), Zinc: 6.89mg (45.95%), Folate: 183.4µg (45.85%), Vitamin B6: 0.72mg (36.1%), Fiber: 8.95g (35.82%), Vitamin B12: 1.88µg (31.37%), Vitamin K: 30.59µg (29.13%), Calcium: 290.98mg (29.1%), Potassium: 744.91mg (21.28%), Magnesium: 76.21mg (19.05%), Copper: 0.34mg (16.95%), Vitamin E: 0.83mg (5.54%), Vitamin B5: 0.51mg (5.07%), Vitamin A: 165.69IU (3.31%)