



Steak Fajitas with Fresh Lime

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 cherry tomatoes
- 1.5 tablespoons chili sauce hot (such as sriracha)
- 0.3 cup basil fresh thinly sliced
- 4 large garlic clove pressed
- 1 tablespoon ground cumin
- 3 tablespoons juice of lime fresh divided
- 1 teaspoon lime zest finely grated
- 2 tablespoons olive oil

- 1 large onion halved lengthwise thinly sliced
- 24 ounce fat-trimmed beef flank steak halved

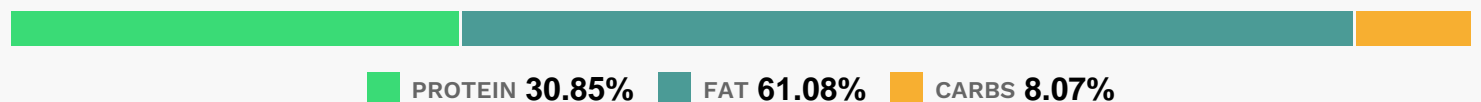
Equipment

- bowl
- frying pan
- glass baking pan

Directions

- Warm flour or corn tortillas Arrange steaks in 13x9x2-inch glass baking dish; sprinkle with salt and pepper.
- Combine 2 tablespoons lime juice and next 5 ingredients in medium bowl.
- Pour onion mixture over steaks; turn to coat evenly.
- Let marinate 10 minutes.
- Heat oil in large nonstick skillet over high heat.
- Add steaks with onion mixture. Cook steaks 1 minute per side.
- Add tomatoes and basil. Continue cooking steaks to desired doneness, turning occasionally, about 3 minutes longer for medium-rare.
- Sprinkle mixture with 1 tablespoon lime juice. Cook 1 minute longer to blend flavors.
- Transfer steaks to work surface.
- Cut across grain on slight diagonal into 1/2-inch-thick strips.
- Transfer fajitas to bowl and serve with tortillas.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:20.971739255864%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 458.55kcal (22.93%), Fat: 31.53g (48.51%), Saturated Fat: 11.72g (73.24%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 7.93g (2.88%), Sugar: 3.88g (4.31%), Cholesterol: 103.76mg (34.59%), Sodium: 174.42mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.67%), Selenium: 42.53µg (60.76%), Zinc: 9mg (60.02%), Vitamin B12: 2.82µg (47.06%), Vitamin B3: 8.86mg (44.29%), Vitamin B6: 0.82mg (41.21%), Phosphorus: 287.88mg (28.79%), Vitamin B2: 0.44mg (26.08%), Iron: 4.56mg (25.32%), Vitamin C: 20.24mg (24.53%), Potassium: 701.1mg (20.03%), Vitamin K: 17.14µg (16.32%), Vitamin B1: 0.21mg (13.96%), Magnesium: 53.19mg (13.3%), Manganese: 0.23mg (11.36%), Copper: 0.23mg (11.3%), Vitamin E: 1.5mg (10.02%), Vitamin A: 444.6IU (8.89%), Fiber: 1.44g (5.76%), Folate: 22.13µg (5.53%), Calcium: 52.01mg (5.2%), Vitamin B5: 0.15mg (1.49%), Vitamin D: 0.17µg (1.13%)