



## Steak, Onion, and Pepper Fajitas

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds beef round steak
- 0.8 cup bell peppers sliced into thin strips
- 0.5 cup cooking oil
- 0.3 teaspoon ground pepper black
- 0.5 cup juice of lime fresh
- 2 tablespoons liquid smoke
- 0.5 cup onion sliced
- 0.8 teaspoon paprika

- 0.5 teaspoon salt
- 0.3 cup tequila
- 1 teaspoon worcestershire sauce

## Equipment

- frying pan
- grill
- ziploc bags

## Directions

- Combine the steak, tequila, and lime juice in a plastic bag; marinate in the refrigerator for 2 hours. Discard the marinade.
- Preheat an outdoor grill for high heat and lightly oil grate.
- Grill steak until no longer pink on the inside, about 8 minutes per side.
- Remove from grill and slice into 1/4-inch strips. Arrange strips on a serving plate.
- Heat the oil in a skillet over medium heat.
- Add the liquid smoke, Worcestershire sauce, pepper, salt, and paprika to the oil and stir. When the mixture is hot, add the onions and peppers and cook until the peppers are tender.
- Pour the mixture over the steak strips and serve immediately.

## Nutrition Facts

**PROTEIN 50.86%** **FAT 40.51%** **CARBS 8.63%**

## Properties

Glycemic Index:20.17, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:16.649130375489%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

2.85mg

## Nutrients (% of daily need)

Calories: 231.76kcal (11.59%), Fat: 9.27g (14.26%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.64g (1.32%), Sugar: 1.81g (2.02%), Cholesterol: 71.44mg (23.81%), Sodium: 284.5mg (12.37%), Alcohol: 3.34g (100%), Alcohol %: 2.11% (100%), Protein: 26.19g (52.38%), Selenium: 32.56µg (46.52%), Vitamin B6: 0.84mg (41.94%), Vitamin B3: 8.09mg (40.43%), Vitamin C: 31.01mg (37.59%), Vitamin B12: 2.14µg (35.72%), Zinc: 4.97mg (33.12%), Phosphorus: 265.19mg (26.52%), Iron: 2.65mg (14.72%), Vitamin A: 717.88IU (14.36%), Potassium: 496.57mg (14.19%), Vitamin B2: 0.21mg (12.48%), Vitamin E: 1.41mg (9.4%), Vitamin B1: 0.13mg (8.75%), Vitamin B5: 0.87mg (8.73%), Magnesium: 34.25mg (8.56%), Folate: 28.08µg (7.02%), Copper: 0.14mg (6.77%), Vitamin K: 5.46µg (5.2%), Manganese: 0.07mg (3.72%), Fiber: 0.81g (3.23%), Calcium: 32.01mg (3.2%)