



Swanny's Killer Fajitas

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon cayenne pepper to taste
- 0.3 teaspoon chili powder
- 4 6-inch corn tortillas ()
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper black to taste
- 1 juice of lime juiced
- 1 cup lettuce shredded divided
- 0.5 cup cheddar-monterey jack cheese blend shredded divided

- 1 tablespoon olive oil
- 0.3 teaspoon paprika
- 1 bell pepper red cut into 1/4 inch strips
- 0.5 large onion red sliced
- 2 chicken breast halves boneless skinless cut into 1/4-inch wide strips
- 0.3 cup cup heavy whipping cream sour divided
- 0.5 cup tomatoes diced divided

Equipment

- bowl
- frying pan
- paper towels
- wok
- microwave

Directions

- Place chicken strips in a bowl and stir in lime juice, cumin, paprika, chili powder, cayenne pepper, and black pepper; marinate chicken for 15 to 30 minutes.
- Heat a large skillet or wok over medium heat and pour in olive oil. Cook and stir red bell pepper and onion in the hot oil until softened, about 5 minutes; move vegetables to the outer edge of the skillet.
- Place chicken strips with marinade in the center of the skillet and cook and stir until chicken is no longer pink in the center and juices run clear, about 3 minutes; cook and stir chicken and vegetables together until liquid in skillet has evaporated, about 2 more minutes. Set chicken and vegetables aside.
- Place corn tortillas on a microwave-safe plate with damp paper towels separating each tortilla. Cook in microwave until tortillas are hot and flexible, about 30 seconds.
- Place corn tortillas onto 4 serving plates; spread each tortilla with 1 tablespoon sour cream.
- Top each tortilla with 1/4 of the chicken and vegetable mixture; sprinkle with 2 tablespoons shredded Cheddar-Monterey Jack cheese blend.
- Sprinkle each tortilla with 1/4 cup lettuce and 2 tablespoons diced tomato.

Top with any other desired toppings; repeat with remaining tortillas and ingredients.

Nutrition Facts

PROTEIN 27.9% **FAT 45.03%** **CARBS 27.07%**

Properties

Glycemic Index:72.63, Glycemic Load:6.03, Inflammation Score:-8, Nutrition Score:15.658261027025%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 256.16kcal (12.81%), Fat: 13.05g (20.07%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 17.64g (5.88%), Net Carbohydrates: 14.53g (5.28%), Sugar: 3.63g (4.03%), Cholesterol: 57.21mg (19.07%), Sodium: 173.72mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.37%), Vitamin C: 45.28mg (54.88%), Vitamin B3: 6.8mg (34.02%), Selenium: 22.42µg (32.04%), Vitamin B6: 0.63mg (31.68%), Vitamin A: 1524.8IU (30.5%), Phosphorus: 297.07mg (29.71%), Calcium: 158.6mg (15.86%), Potassium: 459.85mg (13.14%), Fiber: 3.11g (12.45%), Magnesium: 49.04mg (12.26%), Vitamin B2: 0.19mg (11.47%), Manganese: 0.21mg (10.71%), Vitamin B5: 1.07mg (10.7%), Vitamin E: 1.51mg (10.06%), Vitamin K: 10.55µg (10.05%), Zinc: 1.33mg (8.85%), Folate: 32.22µg (8.06%), Vitamin B1: 0.11mg (7.11%), Iron: 1.17mg (6.52%), Copper: 0.1mg (4.79%), Vitamin B12: 0.26µg (4.34%)