



Sweet-and-Spicy Beef Fajitas

READY IN



15 min.

SERVINGS



6

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef top sirloin steaks boneless
- 1 tablespoon vegetable oil
- 0.8 cup salsa
- 0.3 cup catsup
- 1 tablespoons brown sugar packed
- 1 tablespoon dijon mustard
- 11 oz flour tortilla for burritos (8 count)
- 1 serving cream sour
- 1 serving lettuce shredded

1 serving tomatoes chopped

Equipment

frying pan

wok

Directions

Cut beef into beef strips. (Beef is easier to cut if partially frozen, about 1 1/2 hours.)

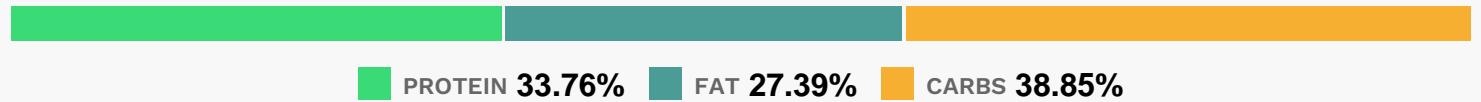
Heat 12-inch skillet or wok over high heat.

Add oil; rotate skillet to coat side.

Add beef; stir-fry 2 to 3 minutes or until golden brown; drain. Stir in salsa, ketchup, brown sugar and mustard. Cook and stir 1 to 2 minutes or until hot.

Serve in tortillas with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:8.51, Inflammation Score:-6, Nutrition Score:20.72521717652%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 366.55kcal (18.33%), Fat: 11.06g (17.02%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 32.22g (11.72%), Sugar: 9.13g (10.15%), Cholesterol: 68.08mg (22.69%), Sodium: 811.83mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.35%), Selenium: 47.87µg (68.38%), Vitamin B3: 10.4mg (52.01%), Vitamin B6: 0.85mg (42.73%), Phosphorus: 374.67mg (37.47%), Zinc: 5mg (33.3%), Vitamin B1: 0.38mg (25.44%), Iron: 4.09mg (22.74%), Potassium: 692.04mg (19.77%), Vitamin B2: 0.33mg (19.39%), Manganese: 0.38mg (19.19%), Folate: 75.21µg (18.8%), Vitamin B12: 1.07µg (17.84%), Vitamin K: 16.94µg (16.13%), Magnesium: 50.04mg (12.51%), Fiber: 3.09g (12.36%), Calcium: 122.85mg (12.29%), Vitamin A: 563IU (11.26%), Copper: 0.2mg (9.92%), Vitamin B5: 0.96mg (9.56%), Vitamin E: 1.3mg (8.66%), Vitamin C: 5.72mg (6.93%)