



Tangy Chicken Fajitas

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



6

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper green sliced
- 0.5 cup juice of lime fresh
- 0.5 cup olive oil
- 1 onion sliced
- 1.4 ounce salad dressing mix dry italian-style
- 3 chicken breast whole boneless skinless cubed
- 0.5 cup distilled vinegar white

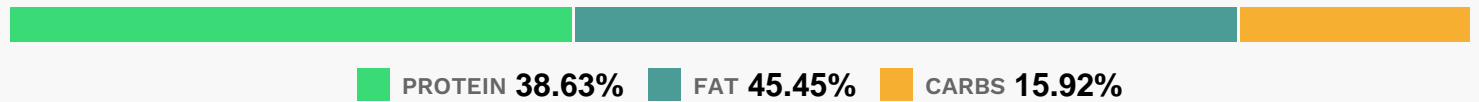
Equipment

- bowl
- frying pan

Directions

- In a large glass bowl combine the oil, vinegar, lime juice, and dry salad dressing mix.
- Mix together.
- Add chicken strips, onion and bell pepper. Cover dish and refrigerate. Marinate for 3 to 6 hours.
- In a large skillet, heat oil.
- Remove chicken, onion and bell pepper from marinade and saute in oil until chicken is cooked through (juices run clear) and onion is translucent.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:8.2508695592051%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 132.28kcal (6.61%), Fat: 6.53g (10.04%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.32g (2.57%), Cholesterol: 36.16mg (12.05%), Sodium: 133.45mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin B3: 6.05mg (30.23%), Vitamin C: 24.06mg (29.16%), Selenium: 18.43µg (26.33%), Vitamin B6: 0.5mg (25.08%), Phosphorus: 132.6mg (13.26%), Vitamin B5: 0.87mg (8.72%), Potassium: 300.14mg (8.58%), Vitamin K: 7.65µg (7.28%), Vitamin E: 0.89mg (5.95%), Magnesium: 20.66mg (5.17%), Vitamin B1: 0.06mg (4.15%), Vitamin B2: 0.07mg (4.12%), Manganese: 0.07mg (3.68%), Fiber: 0.73g (2.92%), Zinc: 0.41mg (2.72%), Folate: 9.74µg (2.44%), Copper: 0.04mg (2.17%), Iron: 0.38mg (2.09%), Vitamin A: 103.16IU (2.06%), Vitamin B12: 0.11µg (1.88%), Calcium: 14.02mg (1.4%)