



Todd's Chicken Fajitas

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 10-inch flour tortillas
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic cloves crushed
- ☐ 1.5 cups bell pepper green
- ☐ 12 ounce beer light canned
- ☐ 1 ounce cheddar cheese shredded extra-sharp reduced-fat
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup onion

- ☐ 0.5 cup bottled salsa
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 0.3 cup worcestershire sauce

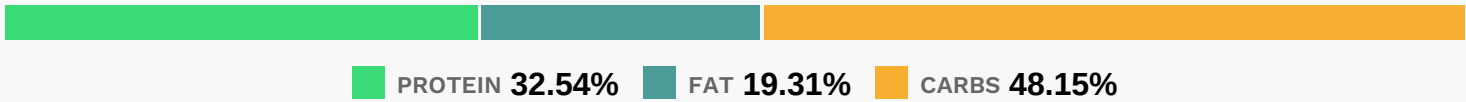
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag; add chicken. Seal and marinate in refrigerator 8 hours or overnight, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until done. Slice chicken diagonally into thin strips.
- ☐ Place bell pepper and onion slices on grill rack; grill 2 minutes on each side or until lightly browned.
- ☐ Warm tortillas according to package directions. Working with 1 tortilla at a time, place one-fourth of the chicken strips, bell pepper, and onion in the center of each tortilla. Top each serving with 2 tablespoons salsa, 1 tablespoon cheese, and 1 tablespoon sour cream; roll up.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:12.21, Inflammation Score:-8, Nutrition Score:28.214347997437%

Flavonoids

Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.57mg,

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Nutrients (% of daily need)

Calories: 454.81kcal (22.74%), Fat: 9.29g (14.29%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 47.27g (17.19%), Sugar: 8.87g (9.86%), Cholesterol: 75.36mg (25.12%), Sodium: 1728.12mg (75.14%), Alcohol: 2.64g (100%), Alcohol %: 0.73% (100%), Protein: 35.23g (70.46%), Vitamin B3: 16.27mg (81.37%), Selenium: 55.12µg (78.74%), Vitamin C: 53.11mg (64.38%), Vitamin B6: 1.22mg (60.98%), Phosphorus: 515.38mg (51.54%), Vitamin B1: 0.52mg (34.79%), Manganese: 0.66mg (32.99%), Potassium: 997.04mg (28.49%), Vitamin B2: 0.46mg (27.19%), Iron: 4.62mg (25.67%), Folate: 100.97µg (25.24%), Calcium: 211.9mg (21.19%), Vitamin B5: 2.01mg (20.12%), Magnesium: 80.44mg (20.11%), Fiber: 4.88g (19.52%), Copper: 0.24mg (11.97%), Vitamin K: 12.33µg (11.74%), Zinc: 1.64mg (10.93%), Vitamin A: 483.66IU (9.67%), Vitamin E: 0.92mg (6.14%), Vitamin B12: 0.32µg (5.36%)