

Turkey Fajitas

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 0.3 teaspoon ground pepper
- 8 6-inch flour tortilla warmed (es)
- 0.5 cup cilantro leaves fresh minced
- 1 garlic clove minced
- 0.5 teaspoon ground cumin
- 0.3 cup juice of lime
- 1 medium onion separated thinly sliced

- 0.5 teaspoon pepper
- 1 medium pasilla peppers sweet green red yellow cut into 1/4-inch strips
- 0.5 teaspoon salt
- 1 pound turkey breast tenderloins boneless cut into thin strips

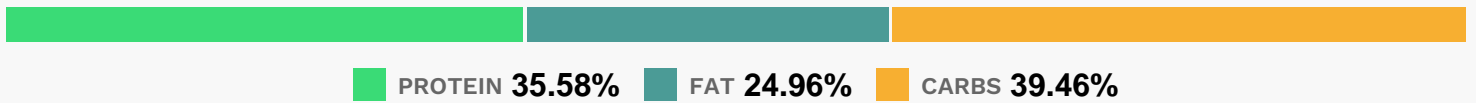
Equipment

- frying pan

Directions

- In a large nonstick skillet, saute turkey in oil for 2 minutes.
- Add the peppers, onion, garlic, salt, cumin, pepper and cayenne. Cook and stir for 5 minutes or until turkey is no longer pink and peppers are crisp-tender. Stir in cilantro and lime juice; cook 1 minute longer.
- Serve in tortillas.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:10.14, Inflammation Score:-6, Nutrition Score:11.070869570193%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 360.31kcal (18.02%), Fat: 9.99g (15.37%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 32.2g (11.71%), Sugar: 4.41g (4.9%), Cholesterol: 50.62mg (16.87%), Sodium: 812.07mg (35.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.07%), Vitamin C: 31.38mg (38.04%), Vitamin B1: 0.34mg (22.69%), Manganese: 0.44mg (21.77%), Selenium: 13.69µg (19.56%), Folate: 67.57µg (16.89%), Vitamin K: 15.95µg (15.19%), Vitamin B3: 2.9mg (14.5%), Iron: 2.6mg (14.45%), Phosphorus: 143.76mg (14.38%), Fiber: 3.33g

(13.32%), Vitamin B2: 0.19mg (11.39%), Calcium: 105.51mg (10.55%), Vitamin B6: 0.16mg (7.9%), Vitamin A: 309.77IU (6.2%), Potassium: 208.71mg (5.96%), Vitamin E: 0.86mg (5.73%), Magnesium: 22.38mg (5.6%), Copper: 0.11mg (5.49%), Zinc: 0.45mg (3.02%), Vitamin B5: 0.2mg (2%)