

 96%
HEALTH SCORE

Vegetable and Steak Fajitas with "Killed" Jalapeños



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bell pepper strips red
- ☐ 0.8 teaspoon pepper black divided
- ☐ 1 teaspoon chili powder
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 12 6-inch corn tortillas ()
- ☐ 12 ounces flank steak
- ☐ 3 garlic cloves minced

- ☐ 2 jalapeño peppers seeded cut lengthwise into strips
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lime
- ☐ 4 cups mushrooms sliced
- ☐ 2 tablespoons olive oil divided
- ☐ 2 cups onion sliced
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons water hot
- ☐ 2 cups zucchini sliced

Equipment

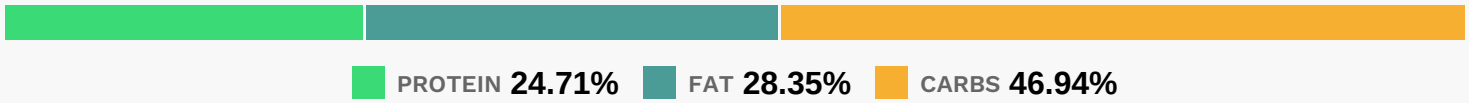
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place beef in freezer.
- ☐ Combine water, juice, and sugar in a bowl.
- ☐ Add jalapeos; toss well.
- ☐ Heat a large, heavy skillet over high heat.
- ☐ Cut beef across grain into thin slices.
- ☐ Add 1 tablespoon oil and beef to pan; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Saut 3 minutes or until done; remove from pan.
- ☐ Add sliced mushrooms, zucchini, 1/4 teaspoon salt, and 1/4 teaspoon black pepper to pan; saut 4 minutes.
- ☐ Remove from pan.
- ☐ Add 1 tablespoon oil to pan.
- ☐ Add onion, red pepper, garlic, chili powder, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; saut 5 minutes or until crisp-tender.
- ☐ Add beef and mushroom mixture; cook 2 minutes or until heated.

- ☐
- Heat corn tortillas according to directions.
- ☐
- Place 3 tortillas on each of 4 plates, and top each with 1/3 cup beef mixture. Top evenly with jalapeos and cilantro.

Nutrition Facts



Properties

Glycemic Index:88.15, Glycemic Load:19.02, Inflammation Score:-10, Nutrition Score:33.545652151108%

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: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 18.27mg, Quercetin: 18.27mg, Quercetin: 18.27mg, Quercetin: 18.27mg

Nutrients (% of daily need)

Calories: 438.62kcal (21.93%), Fat: 14.39g (22.13%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 43.95g (15.98%), Sugar: 10.87g (12.08%), Cholesterol: 51.03mg (17.01%), Sodium: 541.86mg (23.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.42%), Vitamin C: 102.35mg (124.06%), Vitamin B6: 1.22mg (60.97%), Phosphorus: 569.93mg (56.99%), Selenium: 39.85µg (56.93%), Vitamin B3: 11.05mg (55.26%), Vitamin A: 2241.28IU (44.83%), Vitamin B2: 0.68mg (39.94%), Fiber: 9.63g (38.5%), Zinc: 5.33mg (35.55%), Manganese: 0.7mg (34.8%), Potassium: 1197.37mg (34.21%), Copper: 0.59mg (29.45%), Magnesium: 113.58mg (28.4%), Vitamin B5: 2.53mg (25.26%), Folate: 91.21µg (22.8%), Vitamin B1: 0.32mg (21.29%), Iron: 3.65mg (20.28%), Vitamin E: 2.97mg (19.8%), Vitamin K: 19.68µg (18.74%), Vitamin B12: 0.81µg (13.54%), Calcium: 127.34mg (12.73%), Vitamin D: 0.19µg (1.28%)