



## VELVEETA® Cheesy Chicken Fajitas

READY IN



52 min.

SERVINGS



52

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 6-inch flour tortillas warmed ()
- 0.5 tsp ground cumin
- 0.3 cup juice of lime
- 8 oz milk velveeta® 2%
- 1 Tbsp oil
- 0.5 cup onions sliced
- 2 jalapeño peppers seeded finely chopped
- 1.5 cups bell peppers green red sliced
- 1.5 lb chicken breasts boneless skinless cut into strips

## Equipment

- bowl
- frying pan

## Directions

- Mix lime juice and jalapeno peppers in medium bowl.
- Add chicken; cover. Refrigerate 30 min. to marinate.
- Drain chicken, discarding marinade; set chicken aside.
- Cook and stir onions and bell peppers in hot oil in large nonstick skillet on medium-high heat 3 min. or until vegetables are crisp-tender.
- Add chicken; cook 5 to 7 min. or until chicken is cooked through, stirring occasionally. Reduce heat to low.
- Add VELVEETA Made With 2% Milk and cumin; mix well. Cook until VELVEETA is completely melted, stirring occasionally.
- Spoon chicken mixture evenly onto tortillas; roll up or fold tortillas in half.

## Nutrition Facts

 **PROTEIN 40.15%**  **FAT 28.58%**  **CARBS 31.27%**

## Properties

Glycemic Index:2.38, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:2.4839130186516%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 33.26kcal (1.66%), Fat: 1.05g (1.61%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.64g (0.71%), Cholesterol: 8.9mg (2.97%), Sodium: 42.7mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin C: 7.76mg (9.4%), Vitamin B3: 1.57mg (7.85%),

Selenium: 5.05µg (7.22%), Vitamin B6: 0.13mg (6.25%), Phosphorus: 41.49mg (4.15%), Vitamin B1: 0.03mg (2.29%), Potassium: 78.76mg (2.25%), Vitamin B5: 0.22mg (2.21%), Vitamin B2: 0.03mg (1.88%), Manganese: 0.03mg (1.64%), Magnesium: 5.89mg (1.47%), Folate: 5.08µg (1.27%), Calcium: 12.66mg (1.27%), Iron: 0.22mg (1.23%), Fiber: 0.3g (1.22%), Vitamin K: 1.15µg (1.1%)