



Weeknight Chicken Fajita

READY IN



20 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp chili powder
- 8 6-inch flour tortillas ()
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 tsp oil
- 1 cup cheddar cheese shredded kraft
- 1 lb chicken breasts boneless skinless cut into thin strips
- 3 cups pre-cut stir-fry vegetables mixed green red (broccoli, carrots, and peppers, onions, snow peas)

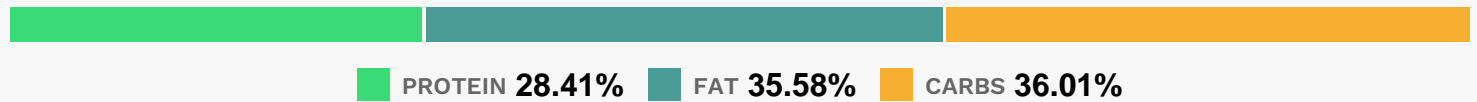
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 5 min. or until done, stirring occasionally.
- Stir in dressing, vegetables and chili powder; cook 5 min. or until vegetables are crisp-tender, stirring occasionally.
- Spoon chicken mixture down centers of tortillas; top with cheese.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:15.36, Inflammation Score:-10, Nutrition Score:32.435217385707%

Nutrients (% of daily need)

Calories: 564.5kcal (28.22%), Fat: 22.46g (34.56%), Saturated Fat: 8.5g (53.14%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 43.12g (15.68%), Sugar: 4g (4.45%), Cholesterol: 100.82mg (33.61%), Sodium: 990.04mg (43.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.36g (80.73%), Vitamin A: 7654.12IU (153.08%), Selenium: 58.78µg (83.97%), Vitamin B3: 16.38mg (81.89%), Phosphorus: 577.91mg (57.79%), Vitamin B6: 1.07mg (53.65%), Vitamin B1: 0.56mg (37.03%), Manganese: 0.68mg (33.84%), Calcium: 333.49mg (33.35%), Fiber: 8.03g (32.12%), Vitamin B2: 0.54mg (31.52%), Folate: 106.83µg (26.71%), Potassium: 844.37mg (24.12%), Iron: 4.21mg (23.4%), Magnesium: 85.82mg (21.45%), Vitamin B5: 2.07mg (20.65%), Vitamin C: 15.63mg (18.94%), Zinc: 2.7mg (17.97%), Vitamin K: 15.68µg (14.93%), Copper: 0.25mg (12.28%), Vitamin E: 1.46mg (9.74%), Vitamin B12: 0.53µg (8.77%), Vitamin D: 0.28µg (1.89%)