



## Weeknight Fajitas

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 6-inch flour tortillas warmed ()
- 1 clove garlic minced
- 1 bell pepper green cut into strips
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 1 onion cut into wedges
- 0.5 tsp oregano leaves dried
- 1 lb chicken breasts boneless skinless cut into strips
- 1 tomatoes cut into thin wedges

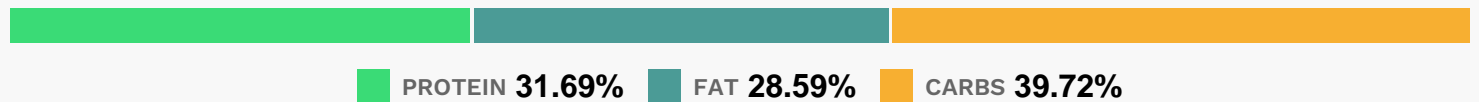
## Equipment

- bowl
- frying pan

## Directions

- Pour dressing over chicken, peppers, onions, garlic and oregano in large bowl; toss lightly.
- Let stand 10 min.
- Drain chicken mixture; discard dressing.
- Add chicken mixture to large skillet; cook and stir 10 min. or until chicken is done. Stir in tomatoes.
- Top tortillas with chicken mixture; roll up.

## Nutrition Facts



## Properties

Glycemic Index:4.11, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:2.5360869311768%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 43.89kcal (2.19%), Fat: 1.37g (2.11%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.89g (1.41%), Sugar: 0.81g (0.89%), Cholesterol: 8.29mg (2.76%), Sodium: 88.15mg (3.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin B3: 1.7mg (8.5%), Selenium: 5.75µg (8.21%), Vitamin B6: 0.12mg (5.9%), Phosphorus: 44.28mg (4.43%), Vitamin C: 3.64mg (4.41%), Vitamin B1: 0.05mg (3.21%), Manganese: 0.05mg (2.57%), Vitamin K: 2.48µg (2.36%), Potassium: 77.94mg (2.23%), Folate: 8.49µg (2.12%), Vitamin B5: 0.21mg (2.07%), Vitamin B2: 0.04mg (2.06%), Iron: 0.34mg (1.9%), Fiber: 0.41g (1.62%), Magnesium: 6.12mg (1.53%), Calcium: 12.93mg (1.29%)