



Zesty Creamy Chicken Fajitas

READY IN



30 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings cheddar cheese
- 1 pound meat from a rotisserie chicken boneless skinless cut in thin strips
- 2 tablespoons chili powder
- 0.8 cup cup heavy whipping cream 10%
- 1 tablespoon flour all-purpose
- 4 large flour tortillas whole wheat
- 1 bell pepper sweet green cut into thin strips
- 4 servings lettuce shredded
- 2 tablespoons juice of lime

- 4 servings lime wedges fresh
- 1 medium onion sliced
- 1.5 teaspoons oregano dried
- 1 bell pepper sweet red cut into thin strips
- 4 servings salt and pepper to taste
- 4 servings cup heavy whipping cream sour
- 4 servings tomatoes fresh chopped
- 1 tablespoon vegetable oil

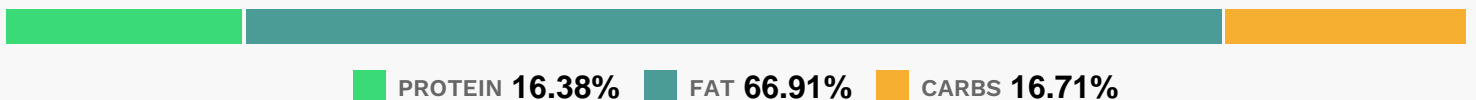
Equipment

- frying pan
- whisk

Directions

- Warm tortillas according to package directions.
- In large nonstick skillet, heat oil over medium-high heat; stir-fry onion for about 3 min until softened.
- Add chicken, chili powder and oregano; stir-fry for about 3 min or just until chicken is browned all over.
- Add peppers and stir-fry for 2 min or until wilted.
- Whisk flour into cream until smooth; stir into skillet. Simmer, stirring, for about 3 min or until liquid is bubbling and thickened. Stir in lime juice. Season with salt and pepper. Spoon filling along centre of each tortilla; add toppings. Fold up bottom of tortilla then fold sides to enclose filling.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:30.142608746238%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 540.18kcal (27.01%), Fat: 41.54g (63.91%), Saturated Fat: 20.33g (127.07%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 16.58g (6.03%), Sugar: 11.9g (13.22%), Cholesterol: 128.33mg (42.78%), Sodium: 530.96mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.76%), Vitamin C: 95.02mg (115.17%), Vitamin A: 5298.93IU (105.98%), Vitamin K: 57.8µg (55.05%), Phosphorus: 355.01mg (35.5%), Vitamin B6: 0.7mg (34.96%), Calcium: 332.36mg (33.24%), Vitamin B3: 6.07mg (30.37%), Vitamin E: 4.53mg (30.2%), Manganese: 0.6mg (29.87%), Selenium: 20.48µg (29.26%), Potassium: 993.36mg (28.38%), Fiber: 6.75g (27.01%), Vitamin B2: 0.45mg (26.64%), Folate: 94.36µg (23.59%), Zinc: 2.8mg (18.66%), Magnesium: 69.07mg (17.27%), Iron: 2.83mg (15.75%), Vitamin B1: 0.23mg (15.65%), Copper: 0.26mg (13.07%), Vitamin B5: 1.24mg (12.4%), Vitamin B12: 0.58µg (9.72%), Vitamin D: 1µg (6.69%)