

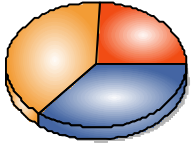


Ancho-Chili Beef Fajitas w Mango

By: Modified by Dr. Jez from Cooking Light

Recipe grams: 1184.05g/41.8oz

Serves 4 296.01g/10.4oz per serving



Protein: 38%
Carbohydrates: 35%
Fat: 27%

INGREDIENTS

2 tsp LIME JUICE, RAW
1 tbsp CHILI POWDER
1 tbsp WORCESTERSHIRE
1 tsp CUMIN SEED
1/2 medium ONION, RAW
10 strips GREEN PEPPER, SWEET, RAW (BELL)
10 strips YELLOW PEPPER, SWEET, RAW
1 cup MANGO, RAW
1 plum-tomato TOMATO, RED, RIPE, RAW
1 tbsp SOY SAUCE, LOW SALT (SHOYU)
9 sprigs CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)
8 tortillas Tortilla, Low Carb
8 tbsp SALSA PICANTE, MILD
12 oz BEEF, TOP SIRLOIN, RAW

DIRECTIONS

Combine Lime juice, chili powder, worcestershire and cumin. Add beef cut into strips and toss to coat.

Heat a non-stick cooking pan coated with cooking spray. Add Beef to pan and brown until just done. Remove from pan. Spray pan again, add onion and peppers and saute until tender, about 1 minute. Add mango and tomato and toss to warm.

Add beef mixture and saute for 1 minute. Add soy sauce and cilantro. Toss to heat and coat.

Add 1/8 of mixture to each tortilla. Top with 2 Tbsp salsa and fat free sour cream if desired.

Serves 4

Nutrition Facts	
Serving Size: 1 serving (296.0g)	
Servings: 1	
Amount Per Serving	
Calories 290	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 960mg	40%
Total Carbohydrate 28g	10%
Dietary Fiber 10g	40%
Sugars 9g	
Protein 31g	
Vitamin A 30%	• Vitamin C 80%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	