



Air Fryer Chicken Fajitas

🕒 20 min 🍽️ 4 servings

111 Kcal / serving

13g Protein 4g Fat 8g Carbs

Ingredients

- Bell pepper, 0.5 medium (approx 2-3/4" long, 2-1/2" dia) (59.5 g)
- Vegetable oil, 0.5 tablespoon (6.8 g)
- Bell pepper, 0.5 yellow bell pepper (59.5 g)
- Bell pepper, 0.5 medium (approx 2-3/4" long, 2-1/2" dia.) (59.5 g)
- chicken breasts, 1 (226 g)
- onion, 0.5 (55 g)
- fajita seasoning, 1.5 tablespoons (22.2 g)



Instructions

Preheat the Air Fryer to 390°F (200°C).

Drizzle oil over the chicken strips, and season with the fajita seasoning. Toss well and make sure that they're evenly coated with the seasoning. Add the veggies, and season well. Make sure that everything is well coated in fajita seasoning.

Put everything in an Air Fryer basket. Air Fry for 15 minutes, tossing halfway through.

Source: <https://littlesunnykitchen.com/air-fryer-chicken-fajitas/>

Macronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------|-------|--------|----------|
| Energy [kcal] | 442 | 90.5 | 110.5 |
| Protein [g] | 52.3 | 10.7 | 13.1 |
| Fat [g] | 14.1 | 2.9 | 3.5 |
| Carbs [g] | 30.5 | 6.2 | 7.6 |
| Fiber [g] | 13.2 | 2.7 | 3.3 |
| Net Carbs [g] | 17.3 | 3.5 | 4.3 |



Micronutrient summary

| | TOTAL | /100 G | /SERVING |
|---------------------|--------|--------|----------|
| Calcium, Ca [mg] | 394.8 | 80.8 | 98.7 |
| Iron, Fe [mg] | 9.8 | 2 | 2.5 |
| Magnesium, Mg [mg] | 144.4 | 29.6 | 36.1 |
| Phosphorus, P [mg] | 565 | 115.7 | 141.3 |
| Potassium, K [mg] | 1551.8 | 317.7 | 388 |
| Sodium, Na [mg] | 275.3 | 56.4 | 68.8 |
| Zinc, Zn [mg] | 2.3 | 0.5 | 0.6 |
| Vitamin A, RAE [ug] | 110.1 | 22.5 | 27.5 |
| Vitamin E [mg] | 6.2 | 1.3 | 1.6 |
| Vitamin D [ug] | 0.2 | 0 | 0.1 |
| Vitamin C [mg] | 240.3 | 49.2 | 60.1 |
| Thiamin [mg] | 0.3 | 0.1 | 0.1 |
| Riboflavin [mg] | 0.4 | 0.1 | 0.1 |
| Niacin [mg] | 26.1 | 5.3 | 6.5 |

| | | | |
|------------------|-------|------|------|
| Vitamin B6 [mg] | 2.4 | 0.5 | 0.6 |
| Vitamin B12 [ug] | 0.5 | 0.1 | 0.1 |
| Vitamin K [ug] | 158.4 | 32.4 | 39.6 |
| Net Carbs [g] | 17.3 | 3.5 | 4.3 |