

Fajita

by Waldemar Tomme

Ingredients

Ingredient	Amount
Bell Pepper	3
Onions	3
Turkey	500g
Milk	1L
Gouda	50g
Noodles	500g

Instructions

1. Cook

Nutrients

Nutrient	per 100g	Total
Energy	176kCal	3496kCal
Carbohydrates	4g	77g
Dietary Fiber	1g	5g
Sugar	4g	67g
Fat	3g	46g
Saturated Fat	1g	17g
Trans Fat	1g	1g
Cholesterol	30mg	595mg
Sodium	49mg	963mg
Protein	10g	183g
Vitamin A	11%	218%
Vitamin C	54%	1069%
Calcium	7%	125%
Iron	2%	38%

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Last update: **2020/02/21 19:09**

