



WHATSheATE



Apple Chicken Quesadilla

♥♥ Popular

READY IN



10 min.

SERVINGS



12

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 8-inch flour tortillas (approximately 8 inches wide)
- ☐ 1 cup chicken meat shredded cooked chopped
- ☐ 0.3 lb monterrey jack cheese grated sliced
- ☐ 1 apples sliced
- ☐ 0.3 cup salsa

Equipment

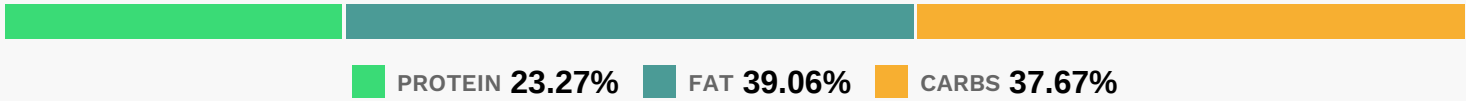
- ☐ frying pan
- ☐ spatula

☐ cutting board

Directions

- ☐ Heat the tortilla until puffy:
- ☐ Heat a large skillet on medium high heat.
- ☐ Place one tortilla in the skillet.
- ☐ Flip it a couple of times with a spatula, then let it sit in the pan heating up until air pockets form and parts of the tortilla begin to puff up. Flip it again.
- ☐ Place cheese slices on half of the tortilla, at least 1/2-inch from the edge of the tortilla.
- ☐ Add chicken pieces on top of the cheese. Fold the tortilla over like an omelette, and press down on the folded tortilla with the spatula. Lower the heat to medium.
- ☐ At this point, if you have enough room in your skillet, you can add a second tortilla to the pan to begin to heat it up.
- ☐ Add apple slices and salsa, cut into triangles: When the cheese inside the quesadilla has melted, remove the quesadilla to a cutting board. Open it wide and layer on apple slices and salsa.
- ☐ Fold the tortilla back again, and cut it into 3 triangles, as if you were cutting a pie. (You don't have to cut the quesadilla into triangles, it just makes it easier for kids to eat.)
- ☐ Repeat with the remaining tortillas.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:3.22, Inflammation Score:-2, Nutrition Score:4.2047826181287%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg,

Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 116.21kcal (5.81%), Fat: 5.03g (7.74%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 9.86g (3.59%), Sugar: 2.46g (2.74%), Cholesterol: 17.16mg (5.72%), Sodium: 226.25mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Selenium: 8.08µg (11.54%), Phosphorus: 102.78mg (10.28%), Calcium: 99.14mg (9.91%), Vitamin B3: 1.75mg (8.77%), Vitamin B1: 0.1mg (6.58%), Vitamin B2: 0.11mg (6.33%), Manganese: 0.1mg (4.92%), Iron: 0.87mg (4.82%), Folate: 18.94µg (4.73%), Fiber: 1.06g (4.23%), Vitamin B6: 0.08mg (4.05%), Zinc: 0.57mg (3.79%), Magnesium: 10.31mg (2.58%), Potassium: 85.82mg (2.45%), Vitamin A: 111.64IU (2.23%), Vitamin K: 2.02µg (1.93%), Vitamin B12: 0.11µg (1.87%), Vitamin B5: 0.18mg (1.81%), Copper: 0.04mg (1.75%)