



Baked Quesadillas

READY IN



45 min.

SERVINGS



8

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz chicken broth flaked drained canned
- ☐ 1 slices cream sour
- ☐ 16 8-inch flour tortilla
- ☐ 8 oz salsa
- ☐ 8 oz cheddar cheese shredded
- ☐ 1 tablespoon taco seasoning

Equipment

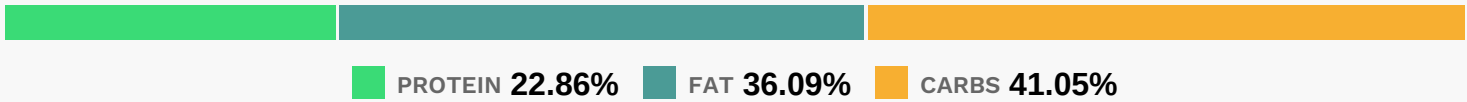
- ☐ baking sheet

☐ oven

Directions

- ☐ Mix chicken, taco seasoning, salsa and cheese. Arrange 8 tortillas on baking sheets sprayed with non-stick vegetable spray.
- ☐ Spread chicken mixture onto tortillas. Top with remaining tortillas. Spray tops with non-stick vegetable spray.
- ☐ Bake at 350 degrees for 5 to 10 minutes, until tops are golden. Allow to cool for a few minutes; cut into quarters.
- ☐ Garnish with sour cream and avocado slices.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:15.92, Inflammation Score:-6, Nutrition Score:18.366521749807%

Nutrients (% of daily need)

Calories: 527.56kcal (26.38%), Fat: 20.9g (32.15%), Saturated Fat: 9.09g (56.83%), Carbohydrates: 53.49g (17.83%), Net Carbohydrates: 49.35g (17.94%), Sugar: 5.28g (5.86%), Cholesterol: 55.36mg (18.45%), Sodium: 1407.32mg (61.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.56%), Selenium: 37.69µg (53.84%), Phosphorus: 430.21mg (43.02%), Vitamin B1: 0.53mg (35.3%), Calcium: 351.75mg (35.17%), Vitamin B3: 6.22mg (31.1%), Manganese: 0.54mg (27.11%), Iron: 4.75mg (26.37%), Vitamin B2: 0.44mg (26.1%), Folate: 101.84µg (25.46%), Zinc: 2.87mg (19.12%), Fiber: 4.14g (16.56%), Vitamin B12: 0.92µg (15.27%), Vitamin B6: 0.24mg (11.76%), Magnesium: 44.57mg (11.14%), Vitamin K: 10.55µg (10.05%), Vitamin A: 453.35IU (9.07%), Potassium: 311.64mg (8.9%), Copper: 0.16mg (8%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.3mg (2.96%), Vitamin D: 0.2µg (1.32%)