



WHATSheATE

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Barbecued Chicken and Chickpea Quesadillas

READY IN



45 min.

SERVINGS



4

CALORIES



881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bottled barbecue sauce
- ☐ 2 cups can chickpeas rinsed drained canned
- ☐ 8 7-inch flour tortillas
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup gouda cheese smoked shredded
- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 4 servings olive oil for oiling the grill pan
- ☐ 2 scallions white green minced (and parts)

- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 2 cups meat from a rotisserie chicken shredded cooked

Equipment

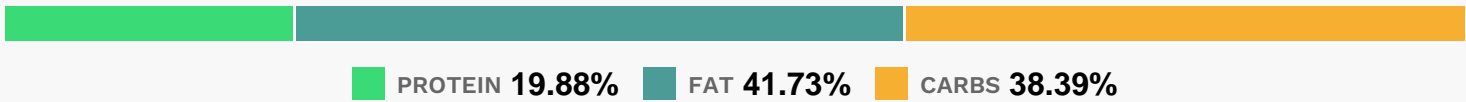
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ potato masher
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat the oven to 200°F.
- ☐ Combine the chicken and barbecue sauce in a medium bowl, season to taste with salt and pepper, and toss gently to coat.
- ☐ In a separate medium bowl, combine the chickpeas and the reserved liquid, garlic, and scallions and mash the ingredients together with a potato masher, leaving the mixture slightly chunky. Season to taste with salt and pepper and stir to combine.
- ☐ To assemble the quesadillas, lay the tortillas on a flat work surface and spread the chickpea mixture over half of each tortilla, dividing it evenly. Top with the chicken and sprinkle each with a few cilantro leaves and the cheeses. Fold the tortillas in half to form half-moons.
- ☐ Lightly grease a grill pan or cast-iron skillet with olive oil and heat it over medium-high heat until it's hot.
- ☐ Place two of the quesadillas in the skillet to grill for about 2 minutes per side, turning once, until the cheese is melted and the tortillas are golden brown.
- ☐ Transfer the quesadillas to a baking sheet and place them in the oven to keep them warm. Repeat the process with the remaining quesadillas, adding more oil to the pan if it's dry.
- ☐ Cut the quesadillas into wedges and serve warm.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:59.94, Glycemic Load:18.99, Inflammation Score:-8, Nutrition Score:32.771738767624%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 880.98kcal (44.05%), Fat: 40.76g (62.7%), Saturated Fat: 14.03g (87.69%), Carbohydrates: 84.35g (28.12%), Net Carbohydrates: 74.3g (27.02%), Sugar: 20.12g (22.35%), Cholesterol: 98.79mg (32.93%), Sodium: 1432.98mg (62.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.69g (87.38%), Manganese: 1.42mg (70.84%), Phosphorus: 698.65mg (69.86%), Selenium: 47.84µg (68.35%), Folate: 245.63µg (61.41%), Vitamin B3: 10.32mg (51.62%), Calcium: 516.04mg (51.6%), Vitamin B1: 0.63mg (41.88%), Fiber: 10.04g (40.17%), Iron: 7.2mg (39.98%), Vitamin K: 38.82µg (36.97%), Vitamin B2: 0.6mg (35.16%), Zinc: 4.5mg (29.97%), Vitamin B6: 0.54mg (27.12%), Copper: 0.48mg (24.02%), Magnesium: 93.6mg (23.4%), Potassium: 678.55mg (19.39%), Vitamin E: 2.78mg (18.55%), Vitamin B12: 0.78µg (12.93%), Vitamin B5: 1.28mg (12.81%), Vitamin A: 601.5IU (12.03%), Vitamin C: 3.42mg (4.14%), Vitamin D: 0.23µg (1.55%)