



Basic Chicken Quesadillas

READY IN



30 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 10-inch flour tortilla ()
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 2 ounces monterrey jack cheese shredded
- 2 ounces sharp cheddar cheese shredded
- 8 ounces chicken shredded cooked

Equipment

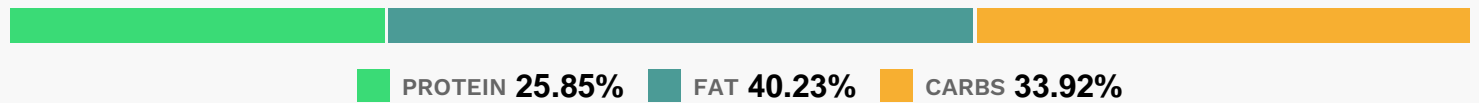
- bowl
- frying pan

- spatula
- cutting board

Directions

- Combine the cheeses in a medium bowl.
- Heat a large frying pan over medium heat until hot, about 3 minutes.
- Place a tortilla in the pan and sprinkle with half of the chicken, half of the cilantro, and half of the cheese mixture. Top with a second tortilla and cook until the underside of the bottom tortilla is golden brown in several spots and half of the cheese is melted, about 3 minutes. Using a spatula, carefully flip the quesadilla over and cook until the underside of the second tortilla is crisp and golden brown in several spots and all of the cheese is melted, about 2 to 3 minutes more. Slide the quesadilla from the pan onto a cutting board and cut into wedges. Repeat with the remaining ingredients to make a second quesadilla.
- Serve topped with guacamole, salsa, and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:7.36, Inflammation Score:-3, Nutrition Score:10.219130483982%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 279.76kcal (13.99%), Fat: 12.31g (18.94%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 21.72g (7.9%), Sugar: 1.81g (2.01%), Cholesterol: 46.21mg (15.4%), Sodium: 490.38mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.6%), Selenium: 23.75µg (33.93%), Phosphorus: 254.01mg (25.4%), Vitamin B3: 5.06mg (25.28%), Calcium: 210.06mg (21.01%), Vitamin B1: 0.26mg (17.49%), Vitamin B2: 0.27mg (15.64%), Iron: 2.24mg (12.43%), Folate: 49.52µg (12.38%), Manganese: 0.24mg (11.98%), Vitamin B6: 0.2mg (9.83%), Zinc: 1.45mg (9.69%), Fiber: 1.64g (6.55%), Magnesium: 23.34mg (5.84%), Vitamin B5: 0.5mg (5.04%), Vitamin B12: 0.29µg (4.8%), Potassium: 160.52mg (4.59%), Vitamin K: 4.24µg (4.03%), Vitamin A: 191.85IU (3.84%), Copper: 0.08mg (3.83%)