



BBQ Chicken and Pineapple Quesadillas



Gluten Free



Popular

READY IN



15 min.

SERVINGS



1

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons bbq sauce
- ☐ 1 serving cilantro leaves to taste
- ☐ 0.3 cup jack shredded
- ☐ 1 jalapeño sliced
- ☐ 0.3 cup pineapple sliced
- ☐ 0.3 cup cheddar shredded
- ☐ 0.3 cup meat from a rotisserie chicken shredded cooked cut into small pieces and warm
- ☐ 1 10-inch tortillas ()

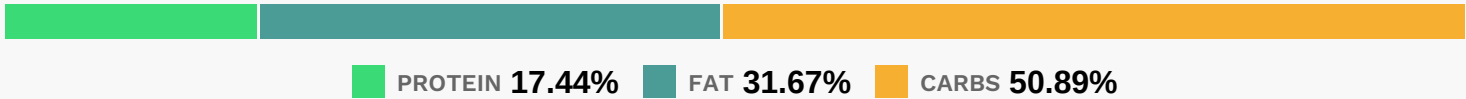
Equipment

☐ frying pan

Directions

- ☐ Heat a pan over medium heat.
- ☐ Place the tortilla in the pan, sprinkle half of the cheese over half of the tortilla, followed by the chicken, BBQ sauce, pineapple, jalapeno, cilantro and the remaining cheese.Fold the tortilla in half covering the filling and cook until the quesadilla is golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:258.67, Glycemic Load:20.84, Inflammation Score:-7, Nutrition Score:20.98739136302%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 512.01kcal (25.6%), Fat: 18.1g (27.85%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 65.46g (21.82%), Net Carbohydrates: 61.1g (22.22%), Sugar: 26.82g (29.8%), Cholesterol: 54.5mg (18.17%), Sodium: 1088.41mg (47.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.85%), Vitamin C: 42.21mg (51.16%), Selenium: 32.77µg (46.81%), Manganese: 0.81mg (40.64%), Phosphorus: 363.44mg (36.34%), Vitamin B3: 6.84mg (34.21%), Calcium: 334.69mg (33.47%), Vitamin B1: 0.47mg (31.44%), Vitamin B2: 0.44mg (25.82%), Folate: 95.35µg (23.84%), Vitamin B6: 0.47mg (23.56%), Iron: 3.48mg (19.36%), Fiber: 4.36g (17.42%), Potassium: 535.61mg (15.3%), Zinc: 2.12mg (14.15%), Magnesium: 53.97mg (13.49%), Vitamin A: 602.78IU (12.06%), Copper: 0.21mg (10.53%), Vitamin K: 9.54µg (9.08%), Vitamin B5: 0.86mg (8.59%), Vitamin E: 1.14mg (7.63%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.17µg (1.13%)