



BBQ Chicken, Apple, Bacon and Cheddar Quesadillas



Gluten Free



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 apples sliced
- ☐ 2 tablespoons bbq sauce
- ☐ 1 slice bacon crumbled cooked
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup meat from a rotisserie chicken shredded cooked
- ☐ 110-inch tortillas ()

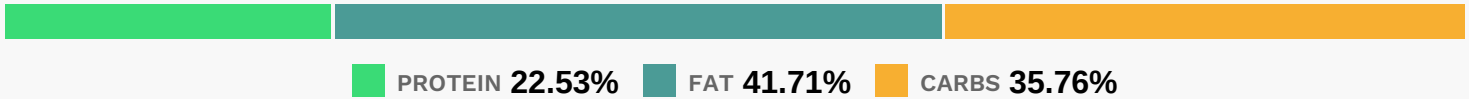
Equipment

 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 mixture of the chicken and BBQ sauce, the apple, bacon and the remaining cheese.Fold the tortilla in half coving 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:46.5, Glycemic Load:7.31, Inflammation Score:-4, Nutrition Score:11.752173900604%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 353.29kcal (17.66%), Fat: 16.31g (25.1%), Saturated Fat: 7.58g (47.38%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 28.99g (10.54%), Sugar: 11.93g (13.26%), Cholesterol: 58.46mg (19.49%), Sodium: 716.51mg (31.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.65%), Selenium: 26.67µg (38.09%), Phosphorus: 292.71mg (29.27%), Calcium: 263.97mg (26.4%), Vitamin B3: 4.89mg (24.43%), Vitamin B2: 0.31mg (17.98%), Vitamin B1: 0.24mg (16.01%), Zinc: 1.92mg (12.83%), Vitamin B6: 0.24mg (11.84%), Manganese: 0.22mg (11.03%), Iron: 1.94mg (10.8%), Folate: 42.3µg (10.57%), Fiber: 2.47g (9.9%), Vitamin B12: 0.44µg (7.41%), Potassium: 254.9mg (7.28%), Vitamin A: 362.67IU (7.25%), Magnesium: 28.47mg (7.12%), Vitamin B5: 0.62mg (6.15%), Copper: 0.09mg (4.74%), Vitamin K: 4.51µg (4.3%), Vitamin E: 0.45mg (3%), Vitamin C: 2.2mg (2.66%), Vitamin D: 0.19µg (1.24%)