



BBQ Chicken Quesadilla Torta

READY IN



10 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings avocado mash
- ☐ 0.5 cup barbecue sauce
- ☐ 4 10-inch burrito-size flour tortillas ()
- ☐ 15 oz black beans rinsed drained canned
- ☐ 2 cups barbecued chicken chopped
- ☐ 6 servings garnish: cilantro sprigs fresh
- ☐ 6 servings toppings: cream sour
- ☐ 2 green onions finely chopped
- ☐ 8 oz cheese blend shredded mexican-style

☐ 1 cup plum tomatoes diced seeded (2 large)

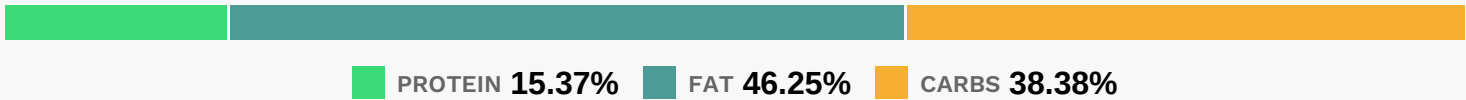
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ springform pan

Directions

- ☐ Stir together barbecued chicken, black beans, and 1/2 cup barbecue sauce in a medium bowl.
- ☐ Place 1 tortilla in a lightly greased 10-inch springform pan, and spread with one-third chicken mixture.
- ☐ Sprinkle with one-third each of tomatoes, green onions, and cheese. Repeat layers twice. Top with remaining tortilla, and gently press. Cover pan with aluminum foil.
- ☐ Bake at 400 for 15 to 20 minutes or until golden brown.
- ☐ Remove sides of pan, and cut into wedges.
- ☐ Serve with Avocado Mash and desired toppings.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:8.7, Inflammation Score:-8, Nutrition Score:25.528260894444%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 570.68kcal (28.53%), Fat: 30.05g (46.23%), Saturated Fat: 9.32g (58.25%), Carbohydrates: 56.11g (18.7%), Net Carbohydrates: 42.08g (15.3%), Sugar: 12.16g (13.51%), Cholesterol: 43.42mg (14.47%), Sodium: 1130.72mg (49.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.47g (44.94%), Fiber: 14.03g (56.11%), Folate: 180.86µg (45.22%), Phosphorus: 401.02mg (40.1%), Vitamin K: 37.65µg (35.86%), Manganese: 0.64mg (31.78%), Calcium: 312.9mg (31.29%), Selenium: 21.1µg (30.15%), Vitamin B1: 0.45mg (29.71%), Vitamin B3: 5.92mg (29.58%), Vitamin B2: 0.5mg (29.42%), Potassium: 987.15mg (28.2%), Iron: 4.25mg (23.59%), Vitamin B6: 0.45mg (22.68%), Vitamin C: 18.53mg (22.46%), Copper: 0.43mg (21.61%), Magnesium: 83.64mg (20.91%), Vitamin B5: 1.89mg (18.93%), Zinc: 2.74mg (18.24%), Vitamin E: 2.63mg (17.55%), Vitamin A: 860.39IU (17.21%), Vitamin B12: 0.92µg (15.3%), Vitamin D: 0.19µg (1.25%)