



BBQ Chicken Quesadilla with Smoked Tomato Relish and Buttermilk Dressing

READY IN



175 min.

SERVINGS



8

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chili powder
- 3 tablespoons balsamic vinegar
- 3 cups barbecue sauce divided store bought
- 0.8 cup buttermilk
- 0.3 teaspoon ground pepper
- 0.3 cup cilantro leaves coarsely chopped
- 24 6-inch flour tortilla ()
- 2 cloves garlic finely chopped

- 4 cloves garlic finely chopped
- 2 tablespoons juice of lime fresh
- 2 cups monterrey jack cheese shredded
- 0.3 cup olive oil
- 8 plum tomatoes smoked cold coarsely chopped
- 1 large onion red thinly sliced
- 3 tablespoons onion red finely chopped
- 8 servings salt and pepper freshly ground
- 0.5 serrano chiles finely chopped
- 1 pound chicken thighs skinless
- 0.3 cup cream sour
- 2 cups cheddar cheese shredded white

Equipment

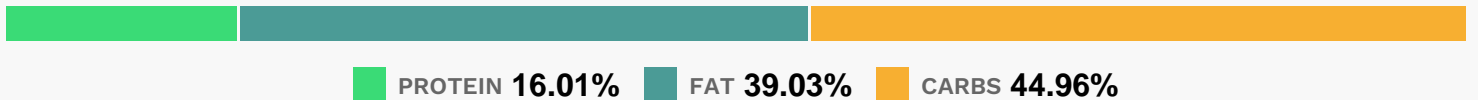
- baking sheet
- oven
- baking pan
- grill

Directions

- Place in a medium baking dish.
- Pour 2 cups of the barbecue sauce over chicken and let marinate for 2 hours in the refrigerator.
- Remove from marinade, season with salt and pepper to taste and grill for 7 to 8 minutes on both sides or until tender and cooked through.
- Transfer chicken to a plate and let cool. Preheat oven to 450 degrees. When chicken is cool enough to handle, slice. Toss with the reserved 1 cup of bbq sauce.
- Place 8 tortillas on a flat surface and sprinkle with 2 tablespoons of each of the cheeses and onion slices. Top with some chicken. Stack another tortilla on top and repeat. Top with the remaining 8 tortillas.

- Brush the top of the tortillas with oil and sprinkle with the chili powder.
- Place tortillas on a lightly oiled baking sheet and bake for 5 to 7 minutes or until golden brown and cheese has melted.
- Mix all ingredients together and season with salt and pepper to taste.
- Mix all ingredients together and season with salt and pepper to taste.
- Place 1 quesadilla on each plate and cut into quarters. Top with a dollop of salsa and drizzle with the buttermilk dressing.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:16.35, Inflammation Score:-9, Nutrition Score:30.07391307665%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 869.63kcal (43.48%), Fat: 37.71g (58.01%), Saturated Fat: 16.24g (101.52%), Carbohydrates: 97.73g (32.58%), Net Carbohydrates: 91.77g (33.37%), Sugar: 44.05g (48.94%), Cholesterol: 113.97mg (37.99%), Sodium: 2430.29mg (105.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.6%), Selenium: 48.3µg (69%), Calcium: 639.2mg (63.92%), Phosphorus: 623.92mg (62.39%), Vitamin B2: 0.74mg (43.52%), Vitamin B3: 8.51mg (42.56%), Vitamin A: 2011.21IU (40.22%), Vitamin B1: 0.6mg (39.67%), Manganese: 0.77mg (38.72%), Iron: 5.36mg (29.77%), Vitamin B6: 0.58mg (29.23%), Folate: 115.68µg (28.92%), Zinc: 3.78mg (25.17%), Fiber: 5.96g (23.84%), Potassium: 820.96mg (23.46%), Vitamin K: 24.47µg (23.3%), Vitamin E: 3.41mg (22.7%), Magnesium: 78.45mg (19.61%), Vitamin B12: 1.02µg (16.92%), Vitamin C: 12.69mg (15.38%), Copper: 0.3mg (15.13%), Vitamin B5: 1.41mg (14.06%), Vitamin D: 0.63µg (4.21%)