



Buffalo Chicken Quesadillas

READY IN



60 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken breast boneless skinless cut in half
- 0.3 cup sauce of the chicken from the turbo broiler
- 6 teaspoons olive oil
- 6 10-inch flour tortilla ()
- 1 cup monterrey jack cheese shredded
- 0.8 cup cheese blue crumbled
- 1 serving cheese dressing blue
- 1 sticks celery

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Fill large saucepan halfway with water; heat to boiling.
- Add chicken; cook uncovered 15 to 20 minutes until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Remove chicken from water to large bowl; shred with 2 forks.
- Pour pepper sauce over shredded chicken; toss until completely coated. Set aside.
- In 12-inch skillet, heat 1 teaspoon of the oil over medium heat.
- Place 1 tortilla in skillet; on half of tortilla, sprinkle 3 tablespoons mozzarella cheese, 2 tablespoons blue cheese and 1/2 cup shredded chicken. Fold tortilla in half over filling. Cook 3 to 5 minutes, turning once, until golden brown and cheese is melted.
- Remove quesadilla to plate; cover to keep warm. Repeat with remaining oil, tortillas, cheese and chicken.
- Cut each quesadilla into 4 wedges.
- Serve with blue cheese dressing and celery sticks.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:11.09, Inflammation Score:-6, Nutrition Score:26.201739539271%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 552.84kcal (27.64%), Fat: 24.08g (37.05%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 32.75g (11.91%), Sugar: 2.87g (3.19%), Cholesterol: 126.19mg (42.06%), Sodium: 1311.23mg (57.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.12g (92.24%), Selenium: 69.2µg (98.86%), Vitamin B3: 19.08mg (95.37%), Phosphorus: 612.38mg (61.24%), Vitamin B6: 1.22mg (61.08%), Calcium: 342.21mg (34.22%), Vitamin B1: 0.46mg (30.53%), Vitamin B2: 0.49mg (28.85%), Vitamin B5: 2.62mg (26.17%), Folate: 83.72µg (20.93%), Potassium: 722.77mg (20.65%), Manganese: 0.38mg (18.95%), Iron: 3.32mg (18.47%), Magnesium: 64.42mg (16.11%), Zinc: 2.27mg (15.14%), Vitamin B12: 0.67µg (11.08%), Fiber: 2.56g (10.23%), Vitamin K: 10.59µg (10.08%), Vitamin A: 348.88IU (6.98%), Vitamin E: 0.97mg (6.49%), Copper: 0.13mg (6.44%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.35µg (2.32%)