



Buffalo Chicken Quesadillas

READY IN



60 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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 165F).
- 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:26.791304184043%

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: 554.77kcal (27.74%), Fat: 24.18g (37.2%), Saturated Fat: 10.24g (64%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 32.92g (11.97%), Sugar: 3.02g (3.35%), Cholesterol: 126.19mg (42.06%), Sodium: 1276.75mg (55.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.21g (92.43%), Selenium: 69.21µg (98.88%), Vitamin B3: 19.1mg (95.5%), Vitamin B6: 1.24mg (61.87%), Phosphorus: 614.17mg (61.42%), Calcium: 343.75mg (34.38%), Vitamin B1: 0.46mg (30.79%), Vitamin B2: 0.5mg (29.38%), Vitamin B5: 2.63mg (26.28%), Folate: 84.34µg (21.09%), Potassium: 737.21mg (21.06%), Manganese: 0.38mg (19.19%), Iron: 3.38mg (18.76%), Magnesium: 64.98mg (16.25%), Zinc: 2.28mg (15.23%), Vitamin C: 9.5mg (11.52%), Vitamin B12: 0.67µg (11.11%), Vitamin K: 10.87µg (10.36%), Fiber: 2.59g (10.35%), Vitamin A: 365.11IU (7.3%), Vitamin E: 0.99mg (6.58%), Copper: 0.13mg (6.58%), Vitamin D: 0.35µg (2.32%)