



# Campbell's Kitchen Chicken and Black Bean Quesadillas

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



925 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup black beans canned rinsed drained
- 10.8 ounce campbell's® condensed cheddar cheese soup canned
- 9 ounce premium chicken breast in water chunk drained swanson® canned
- 10.5 ounce campbell's® condensed chicken broth canned
- 10 8-inch flour tortillas ()
- 2 cups rice instant uncooked
- 0.5 cup picante sauce pace®

0.5 cup chunky salsa pace®

0.5 cup water

## Equipment

baking sheet

sauce pan

oven

## Directions

Heat the oven to 425 degrees F.

Heat the soup, salsa, beans and chicken in a 1-quart saucepan over medium heat until the mixture is hot and bubbling.

Place the tortillas onto 2 baking sheets.

Spread about 1/3 cup soup mixture onto half of each tortilla to within 1/2 inch of the edge.

Brush the edges of the tortillas with water. Fold the tortillas over the filling and press the edges to seal.

Bake for 5 minutes or until the filling is hot.

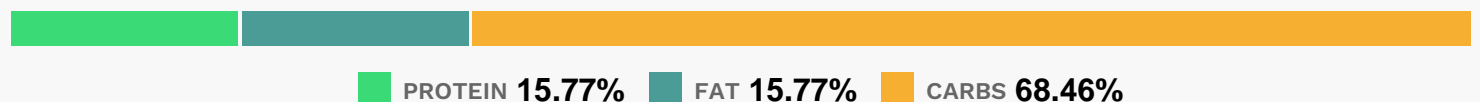
Cut the quesadillas in half, making 20 pieces.

Serve with the Fiesta Rice.

Heat 1 can (10 1/2 ounces) Campbell's® Condensed Chicken Broth, 1/2 cup water and 1/2 cup Pace® Chunky Salsa in a 2-quart saucepan over medium-high heat to a boil. Stir in 2 cups uncooked instant white rice. Cover the saucepan and remove from the heat.

Let stand for 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.8, Glycemic Load:64.41, Inflammation Score:-8, Nutrition Score:32.791739015476%

## Nutrients (% of daily need)

Calories: 924.65kcal (46.23%), Fat: 15.92g (24.5%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 155.53g (51.84%), Net Carbohydrates: 145.11g (52.77%), Sugar: 8.86g (9.85%), Cholesterol: 45.36mg (15.12%), Sodium: 2285.34mg (99.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.65%), Manganese: 1.85mg (92.68%), Selenium: 64.25µg (91.79%), Vitamin B3: 14.93mg (74.63%), Phosphorus: 573.19mg (57.32%), Vitamin B1: 0.85mg (56.37%), Vitamin B6: 0.84mg (42.14%), Fiber: 10.41g (41.65%), Folate: 158.63µg (39.66%), Iron: 6.75mg (37.48%), Vitamin B2: 0.58mg (34.41%), Potassium: 1159.67mg (33.13%), Calcium: 276.73mg (27.67%), Copper: 0.49mg (24.7%), Magnesium: 93.6mg (23.4%), Vitamin B5: 2.27mg (22.73%), Zinc: 2.47mg (16.47%), Vitamin A: 641.39IU (12.83%), Vitamin K: 12.13µg (11.55%), Vitamin E: 1.05mg (6.97%), Vitamin C: 3.16mg (3.83%), Vitamin B12: 0.14µg (2.37%)