



Cheesy Chicken and Bean Quesadillas

READY IN



60 min.

SERVINGS



8

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rotisserie chicken cut shredded finely chopped (from 2- to 2 1/2-lb chicken)
- 0.5 cup bell pepper red chopped
- 0.3 cup spring onion thinly sliced
- 15 oz black beans rinsed drained canned
- 0.5 cup rice white cooked
- 11 oz flour tortilla for burritos (8 count)
- 12 oz monterrey jack cheese shredded
- 1 serving pam original flavor shopping list
- 1 teaspoon olive oil

- 1 cup salsa thick
- 0.5 cup cream sour

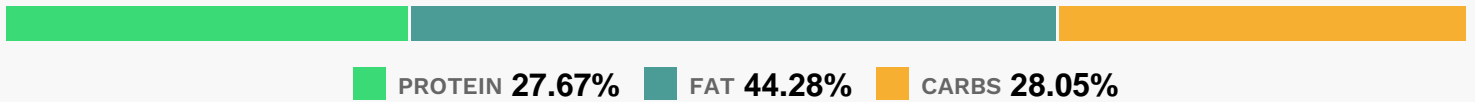
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix chicken, bell pepper, green onions, beans and rice. Top half of each tortilla with 1/2 cup chicken mixture and 1/2 cup of the cheese. Fold other half of each tortilla over filling, press down slightly. Spray top halves of tortillas with cooking spray.
- Heat 12-inch skillet over medium-low heat.
- Place 2 filled tortillas at a time, sprayed sides down, in skillet. Cook 4 to 5 minutes, turning once, until golden brown and hot.
- Cut into wedges.
- Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:9.31, Inflammation Score:-7, Nutrition Score:15.699565130731%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 493.76kcal (24.69%), Fat: 24.41g (37.55%), Saturated Fat: 12.13g (75.79%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 28.86g (10.49%), Sugar: 3.87g (4.3%), Cholesterol: 103.11mg (34.37%), Sodium: 1170.04mg (50.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.64%), Calcium: 420.26mg (42.03%), Phosphorus: 355.66mg (35.57%), Selenium: 17.14µg (24.49%), Fiber: 5.93g (23.73%), Vitamin B2: 0.39mg (22.69%), Folate: 85.46µg (21.37%), Manganese: 0.42mg (21.07%), Vitamin B1: 0.3mg (19.99%), Vitamin A: 897.42IU (17.95%),

Vitamin C: 14.69mg (17.81%), Iron: 2.99mg (16.59%), Zinc: 1.97mg (13.1%), Vitamin B3: 2.62mg (13.08%), Vitamin K: 12.68µg (12.07%), Magnesium: 47.9mg (11.98%), Potassium: 380.44mg (10.87%), Copper: 0.19mg (9.55%), Vitamin B6: 0.19mg (9.36%), Vitamin B12: 0.38µg (6.39%), Vitamin E: 0.8mg (5.35%), Vitamin B5: 0.44mg (4.35%), Vitamin D: 0.26µg (1.7%)