



Cheesy Chicken and Bean Quesadillas

READY IN



60 min.

SERVINGS



8

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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


PROTEIN 27.5% FAT 44.05% CARBS 28.45%

Properties

Glycemic Index:29.25, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:15.891739109288%

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: 499.09kcal (24.95%), Fat: 24.54g (37.75%), Saturated Fat: 12.18g (76.11%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 29.67g (10.79%), Sugar: 3.93g (4.37%), Cholesterol: 103.11mg (34.37%), Sodium: 1183.08mg (51.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.93%), Calcium: 422.85mg (42.28%), Phosphorus: 359.31mg (35.93%), Selenium: 17.54µg (25.05%), Fiber: 6g (23.98%), Vitamin B2: 0.39mg (22.99%), Folate: 87.13µg (21.78%), Manganese: 0.43mg (21.51%), Vitamin B1: 0.31mg (20.58%), Vitamin A: 897.42IU (17.95%), Vitamin C: 14.69mg (17.81%), Iron: 3.05mg (16.95%), Vitamin B3: 2.69mg (13.47%), Zinc: 1.98mg (13.17%),

Vitamin K: 12.8µg (12.19%), Magnesium: 48.29mg (12.07%), Potassium: 382.66mg (10.93%), Copper: 0.19mg (9.64%),
Vitamin B6: 0.19mg (9.41%), Vitamin B12: 0.38µg (6.39%), Vitamin E: 0.8mg (5.35%), Vitamin B5: 0.44mg (4.38%),
Vitamin D: 0.26µg (1.7%)