



Cheesy Chicken Quesadillas

READY IN



5 min.

SERVINGS



5

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 8-inch flour tortilla ()
- 1 singles cut in half kraft
- 0.5 cup rotisserie chicken cut shredded
- 2 Tbsp taco bellâ® & chunky salsa thick

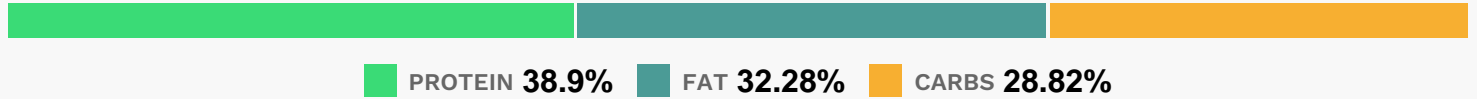
Equipment

- microwave

Directions

- Layer Singles pieces and chicken evenly on half the tortilla; fold in half to enclose filling.
- Place on microwaveable plate.
- Microwave on HIGH 1 min. or until heated through.
- Cut into wedges.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:1.59, Inflammation Score:-1, Nutrition Score:1.397391308261%

Nutrients (% of daily need)

Calories: 77.13kcal (3.86%), Fat: 2.76g (4.25%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.06g (1.84%), Sugar: 0.67g (0.74%), Cholesterol: 22.74mg (7.58%), Sodium: 207mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin B1: 0.05mg (3.59%), Selenium: 2.34µg (3.34%), Manganese: 0.06mg (2.93%), Vitamin B3: 0.53mg (2.66%), Phosphorus: 25.16mg (2.52%), Folate: 9.88µg (2.47%), Iron: 0.4mg (2.23%), Fiber: 0.49g (1.95%), Vitamin B2: 0.03mg (1.86%), Calcium: 18.33mg (1.83%)