



Chicken and Avocado Quesadilla

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado diced ripe
- ☐ 8 ounces chicken breast smoked cubed
- ☐ 4 tablespoons cilantro leaves chopped
- ☐ 8 6-inch corn tortillas
- ☐ 1 cup chiles green drained
- ☐ 6 ounces monterrey jack cheese low-fat
- ☐ 4 ounces cup heavy whipping cream fat-free sour

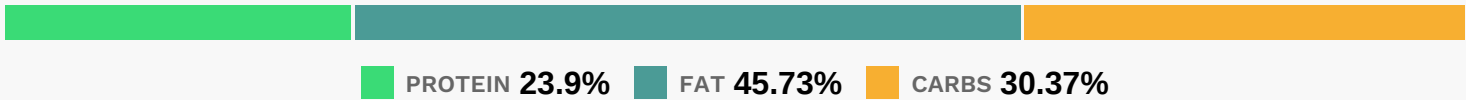
Equipment

- ☐ frying pan
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Heat a sturdy cast iron pan or griddle over medium-high heat. When the griddle is hot, place 1 tortilla on the griddle and sprinkle 1/8 of the cheese on tortilla. Top with 1/4 of the chicken mixture, 1/4 of the avocado, 1/4 of the green chiles, and 1/4 of the cilantro, and another 1/8 of the cheese. Top with another tortilla. When cheese begins to melt, flip with wide spatula and continue cooking until cheese is melted.
- ☐ Remove from griddle to cutting board.
- ☐ Cut into 4 pieces. Repeat process 3 more times.
- ☐ Serve with fat-free sour cream on the side.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:10.5, Inflammation Score:-6, Nutrition Score:19.327391292738%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 448.21kcal (22.41%), Fat: 23.22g (35.73%), Saturated Fat: 9.75g (60.93%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 26.81g (9.75%), Sugar: 2.36g (2.63%), Cholesterol: 76.69mg (25.56%), Sodium: 512.87mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.62%), Phosphorus: 524.41mg (52.44%), Selenium: 29.19µg (41.7%), Calcium: 403.92mg (40.39%), Vitamin B3: 7.63mg (38.16%), Vitamin B6: 0.71mg (35.38%), Fiber: 7.89g (31.57%), Vitamin B2: 0.36mg (21.46%), Magnesium: 81.17mg (20.29%), Zinc: 2.75mg (18.34%), Potassium: 623.32mg (17.81%), Vitamin B5: 1.65mg (16.54%), Folate: 56.59µg (14.15%), Manganese: 0.26mg (12.79%), Vitamin C: 10.31mg (12.5%), Vitamin K: 12.97µg (12.35%), Copper: 0.21mg (10.5%), Vitamin A: 517.71IU (10.35%), Vitamin E: 1.41mg (9.43%), Vitamin B12: 0.55µg (9.19%), Vitamin B1: 0.14mg (9.12%), Iron: 1.44mg (7.99%), Vitamin D:

0.31µg (2.08%)