



Chicken and Corn Quesadillas

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups whole-kernel corn frozen thawed drained
- 6 8-inch flour tortillas fat-free ()
- 8 ounces cheddar cheese shredded reduced-fat
- 6 tablespoons cup heavy whipping cream sour reduced-fat
- 2 cups roasted boneless skinless chopped
- 0.8 cup bottled salsa

Equipment

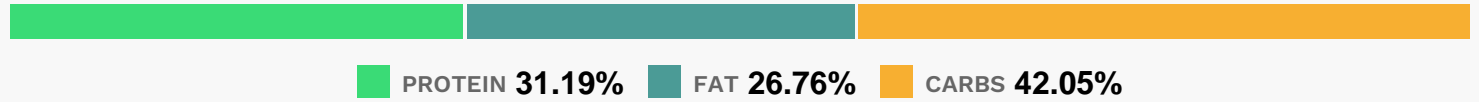
- baking sheet

oven

Directions

- Preheat oven to 40
- Coat one side of tortillas with cooking spray; place, coated side down, on a large baking sheet.
- Place 1/3 cup chicken over half of each tortilla; top each with 1/4 cup corn and 1/3 cup cheese. Fold tortillas in half over filling, pressing firmly.
- Bake at 400 for 10 minutes or until tortillas are crisp and cheese is melted.
- Cut each tortilla into quarters.
- Serve with salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:7.96, Inflammation Score:-5, Nutrition Score:15.650434753169%

Nutrients (% of daily need)

Calories: 331.67kcal (16.58%), Fat: 9.85g (15.15%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 31.63g (11.5%), Sugar: 5.17g (5.75%), Cholesterol: 44.14mg (14.71%), Sodium: 971.9mg (42.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Selenium: 33.76µg (48.23%), Phosphorus: 430.79mg (43.08%), Vitamin B3: 8.27mg (41.35%), Calcium: 261.08mg (26.11%), Vitamin B6: 0.5mg (24.82%), Vitamin B1: 0.32mg (21.63%), Vitamin B2: 0.34mg (19.92%), Folate: 71.89µg (17.97%), Manganese: 0.35mg (17.26%), Iron: 2.45mg (13.61%), Fiber: 3.19g (12.76%), Potassium: 437.11mg (12.49%), Vitamin B5: 1.08mg (10.77%), Magnesium: 41.67mg (10.42%), Zinc: 1.5mg (10.03%), Vitamin A: 307.05IU (6.14%), Vitamin B12: 0.34µg (5.59%), Copper: 0.11mg (5.55%), Vitamin K: 5.42µg (5.17%), Vitamin E: 0.59mg (3.91%), Vitamin C: 1.98mg (2.4%)