



Chicken and Goat Cheese Quesadilla

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 6 ounce chicken breast boneless skinless
- 2 tablespoons cilantro leaves chopped
- 2 tablespoons olive oil extra virgin
- 0.5 cup fat-skimmed beef broth fat-free
- 3 8-inch flour tortilla fat-free ()
- 1 tablespoon cilantro leaves fresh chopped
- 3 ounces goat cheese crumbled soft
- 2 jalapeno sliced

- 2 tablespoons juice of lime fresh
- 1 medium onion cut into 1/4-inch slices
- 0.5 teaspoon salt
- 4 teaspoons cream fat-free sour

Equipment

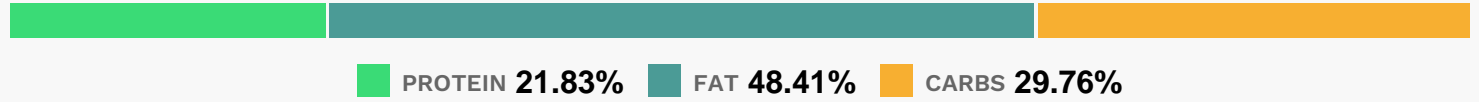
- food processor
- baking sheet
- oven
- blender
- grill
- ziploc bags

Directions

- Combine first 5 ingredients in a blender or food processor; process until smooth.
- Place chicken in a zip-top plastic bag.
- Add broth mixture. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- Preheat grill.
- Remove chicken from bag; discard marinade.
- Sprinkle chicken with salt and pepper.
- Place chicken and onion on grill rack coated with cooking spray. Grill onion 3 minutes on each side or until onions are browned. Grill chicken 6 minutes on each side or until done. Cool 5 minutes.
- Cut chicken into very thin slices.
- Preheat oven to 40
- Place 1 tortilla on a baking sheet coated with cooking spray.
- Sprinkle with 3 tablespoons cheese, half of chicken, half of onion, and 1 1/2 teaspoons cilantro. Top with 1 tortilla.
- Sprinkle with remaining 3 tablespoons cheese, chicken, onion, and 1 1/2 teaspoons cilantro. Top with remaining tortilla. Coat tortilla with cooking spray.

- Bake at 400 for 15 minutes or until lightly browned.
- Let stand 5 minutes.
- Cut into 4 wedges. Top each serving with 1 teaspoon sour cream.
- Garnish with cilantro sprigs and serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:6.64, Inflammation Score:0, Nutrition Score:12.609565356503%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 307.88kcal (15.39%), Fat: 16.53g (25.43%), Saturated Fat: 5.85g (36.55%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 20.79g (7.56%), Sugar: 3.37g (3.75%), Cholesterol: 39.36mg (13.12%), Sodium: 818.83mg (35.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.54%), Selenium: 23.69µg (33.84%), Vitamin B3: 6.52mg (32.58%), Phosphorus: 239.87mg (23.99%), Vitamin B6: 0.47mg (23.29%), Vitamin B1: 0.25mg (17%), Vitamin C: 13.21mg (16.02%), Vitamin B2: 0.26mg (15.18%), Manganese: 0.28mg (14.09%), Folate: 48.8µg (12.2%), Iron: 2.13mg (11.85%), Copper: 0.23mg (11.58%), Calcium: 102.13mg (10.21%), Vitamin K: 10.08µg (9.6%), Vitamin E: 1.42mg (9.49%), Vitamin B5: 0.93mg (9.29%), Potassium: 293.83mg (8.4%), Fiber: 2.07g (8.29%), Vitamin A: 358IU (7.16%), Magnesium: 28.26mg (7.06%), Zinc: 0.73mg (4.87%), Vitamin B12: 0.19µg (3.18%)