



HEALTH SCORE

59%

Chicken and Mushroom Quesadillas



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



1943 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 ounces mushrooms sliced
- ☐ 2.5 teaspoons chili powder
- ☐ 80 2-inch corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 ounces mushroom caps fresh stemmed sliced
- ☐ 2 garlic clove minced
- ☐ 2.5 cups monterrey jack cheese grated

- ☐ 12 servings olive oil
- ☐ 0.7 cup onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1.5 cups chicken shredded cooked

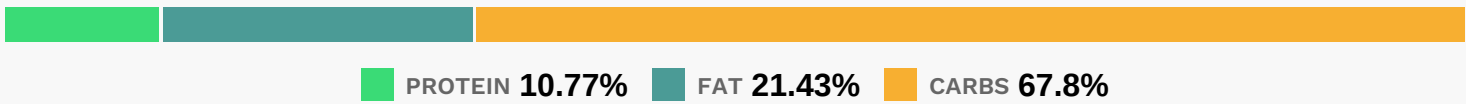
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Add chili powder, garlic and oregano. Sauté until fragrant, about 1 minute.
- ☐ Add shiitake and button mushrooms and sauté until tender, about 10 minutes.
- ☐ Remove from heat.
- ☐ Mix in chicken, onion and cilantro. Cool 10 minutes.
- ☐ Mix in cheese. Season with salt and pepper. (Can be made 8 hours ahead. Cover and chill.)
- ☐ Prepare barbecue (medium heat). Lightly brush oil on 1 side of 8 tortillas.
- ☐ Place tortillas, oil side down, on large baking sheet. Divide chicken mixture among tortillas, spreading to even thickness. Top with remaining 8 tortillas; press, then brush with oil. Grill quesadillas until heated through and golden brown, about 3 minutes per side.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:147.47, Inflammation Score:-10, Nutrition Score:49.102174064387%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 1942.81kcal (97.14%), Fat: 47.95g (73.77%), Saturated Fat: 12.64g (79%), Carbohydrates: 341.41g (113.8%), Net Carbohydrates: 292.81g (106.47%), Sugar: 7.64g (8.49%), Cholesterol: 44.24mg (14.75%), Sodium: 535.91mg (23.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.22g (108.44%), Phosphorus: 2549.42mg (254.94%), Fiber: 48.6g (194.4%), Magnesium: 562.27mg (140.57%), Manganese: 2.55mg (127.32%), Vitamin B6: 1.82mg (91.02%), Calcium: 802.35mg (80.24%), Selenium: 55.76µg (79.65%), Zinc: 11.12mg (74.16%), Vitamin B3: 13.59mg (67.93%), Copper: 1.24mg (62.13%), Iron: 10.06mg (55.91%), Vitamin B1: 0.74mg (49.65%), Potassium: 1560.32mg (44.58%), Vitamin B2: 0.68mg (40.01%), Vitamin E: 4.52mg (30.12%), Vitamin B5: 1.36mg (13.58%), Folate: 48.58µg (12.15%), Vitamin K: 12.25µg (11.66%), Vitamin A: 478.18IU (9.56%), Vitamin B12: 0.26µg (4.3%), Vitamin C: 1.14mg (1.38%), Vitamin D: 0.2µg (1.32%)